

Telehealth Tip Sheet: Telehealth Scavenger Hunt for Engagement, Joining and Enactments

PURPOSE

The PowerPoint is a tool to use with families and includes notes, ideas and guidance in the note section of the slides. This tool can be used as an engagement/Joining tool and/or used for enactments.

PREPARATION

See corresponding PowerPoint. Read through the slides and read the comments in the note section below the slides. Clinicians will need to tailor the intervention to their families. Please edit to match age, developmental level etc. This can be used for engagement, session icebreaker, Joining and Enactments. Guidance on how to use the intervention for enactments is included on specific slides.

The Scavenger Hunt relates to several field certification/fidelity interventions. If used in Phase 1 clinicians should review the Joining Checklist. If used for Restructuring/Valuing Changes clinicians should review the Enactment, FCT Session, Reversal, Reframe, Alter Ego, Emotional Block and Creating Ownership field certification checkoffs. If you have questions about how to use this tool for field certification please consult your supervisor or FCTF consultant.

PROCEDURE

The Scavenger Hunt is a straightforward Engagement and Joining activity. Children generally like to show and talk about their stuff. This is an opportunity to be curious, show interest, find natural bridges and get the family's story. For each enactment, connect the intervention to the relevant Areas of Family Functioning.

How to use one Scavenger item as an Enactment: Find something that brings you comfort.

- Client searches for item and brings it back to the computer
- Clinician: Reflect, affirm etc. Follow-up prompts/questions:
- Are you able to get _____ when you need it?
- When do you need comfort?
- Let's practice that so you feel confident next time _____ happens.
- Does _____ know that this helps you? Let practice telling _____ that you have an awesome idea on how to feel better when things get tough.
- Practice with the child telling their caregiver about what gives her them comfort and why.
- Work with the caregiver 1:1 to accept the message in a way to creates a corrective emotional experience.
- Set up an enactment where the child talks to the caregiver about what makes him/her feel comfort.
 - Your focus here will be dependent on the AFF. For example, if the AFF is Affective Responsiveness focus on how warmth and support is expressed by the caregiver and received by the child.
- Follow the enactment check off on how to process the enactment, work through the 3 commitments etc.

CONSIDERATIONS

This is just one example of how to make this experiential activity an enactment. To maximize the utility of this tool clinicians must adapt it to the family they are treating, phase of treatment and the relevant Area of Family Functioning. This will ensure that the session is relevant and practical to the family. If you use this for Engagement/Joining you will need to be selective on what slides you use (i.e., remove the family problem slide) to prevent prematurely focusing on problems. This can lead to a problem-solution cycle which takes us away from our intent in Phase 1 which is building trust, engagement, etc.

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