

Considerations for engaging in online therapy with children and youth:

- Child's English language proficiency (do we require an interpreter).
- Child's developmental age (can communicate over screen, focus for session, follow direction, etc).
- Child's presenting issue – complex trauma, severe disorders, physical symptoms (ie: seizures) would need to be discussed and a safety plan in place prior to starting sessions.
- Caregivers' English language proficiency (can therapist communicate with Caregiver easily in case of emergency).
- Can Caregiver remain near Child in case of emergency or connection is lost.
- If Child is young, can Caregiver be involved in session? (Child's therapy may trigger Caregiver, may involve Caregiver)
 - Caregiver present who can manage technology, including any difficulties, for child. Caregiver also needs to help hold the space, like if the client gets up to go to the bathroom or show the therapist something from their space.
- Protocol for technological difficulties - Number to contact parents if video cuts out, emergency number, and physical address client is at in case of an emergency. (Child may be using Caregiver's phone for therapy – would require another way to get a hold of Caregiver during session).
- What tools does the Child already have at home and what therapy supplies can we provide?

*****Re-evaluate regularly how online or in person therapy is working for Child and Caregiver.***

