

# Virtual Therapy Rooms

Behavioral Health Counseling Therapist incorporates virtual therapy environments to facilitate counseling services for young clients



**A** behavioral health counseling therapist at Best Point Behavioral Health by The Children’s Home is leveraging technology to give her clients a different set of rooms to facilitate their child therapy sessions.

Autumn Furey calls the virtual spaces she uses in her child therapy delivery model “Virtual Therapy Rooms.”

The virtual rooms have themes like “relaxation area,” “yoga area” and even include emotions a young child might need to easily communicate to their therapist such as “happy area” “sad area” or even “fear area.”

“The ‘joy area’ in particular has been a big hit,” said Furey. “The book *The Gratitude Jar* has also been a wonderful conversation starter regarding what gratitude is and how it can impact our lives.”

The goal, Frey said, is to help easily facilitate the critical communication component between child and therapist.

“The therapy room is used as a shared experience between myself and my client during a treatment session delivered via telehealth,” she said. “I show some of the themed areas to the child, explain some of the features in the room and they get to choose what area to start in and what feature to explore. Then, I navigate us to that activity.”

The happenings in each room are a journey Furey and her clients embark on together. The rooms have video clips applicable to the room’s theme.

“Typically, I start and stop the video clip so we can discuss what is going on, how it applies to the kiddo and others,” said Frey. “For the activities like mindfulness and breathing, we do those together while watching the clip.”

The rooms housed in cyberspace are easily manipulated for activities appropriate for the child's developmental age and mental health challenges, as well as a space for current topics of interest.

"My therapy room right now has two areas for helping young kids learn about Coronavirus including stories for wearing a mask, social distancing while riding a bus and going to school, among other things," Furey said.

"This is a wonderful tool from a very gifted child therapist," said Debbie Gingrich, vice president of behavioral health at The Children's Home. "The concept of having a main room that can morph into dedicated spaces for specific mental health skills and topics is incredible. We can custom fit therapeutic sessions for each child Autumn cares for. I'm excited we're using this kind of innovation with mixed media to benefit our clients."

If you would like to know more about this innovative child therapy tool, email The Children's Home at [pr@tchcincy.org](mailto:pr@tchcincy.org).



See more of Autumn's Virtual Therapy Rooms on the following pages!



