

Telepsychotherapy with children and families: Lessons gleaned from two decades of translational research

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Objectives

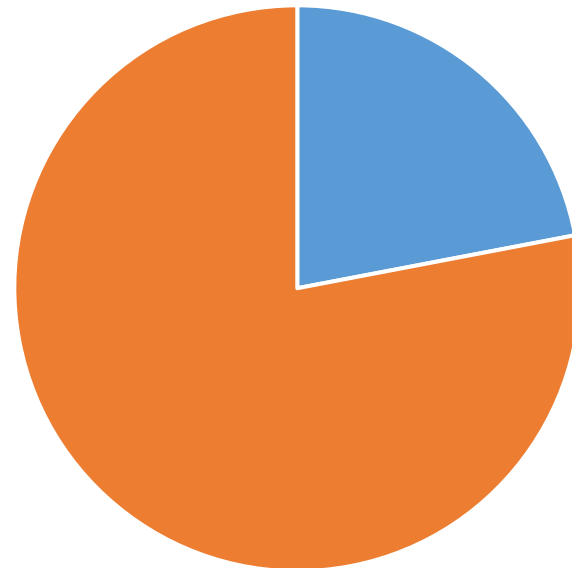
1. Discuss relevance and need for telepsychotherapy for children with brain injuries and other neuropsychological disorders
2. Key take home points from 20 years of telepsychotherapy research involving nearly 1000 children and families
3. Implications for clinical practice and bridging the gap between research and provision of care

Psychological Consequences of Pediatric Neurological Conditions

- Problems with attention, working memory, and executive functioning
- Emotional dysregulation
- Problematic social relationships

Most Children with Behavioral Problems Don't Receive Services

Proportion of Children with Clinical Need who Receive Services



■ Services ■ No Services

The Interventions

- Online Family Problem Solving
 - Online modules that families complete independently
 - Synchronous video conferences to practice skills and implement problem solving
- I-InTERACT Positive Parenting Skills
 - Online modules provide training in parenting skills
 - Live coaching through ear piece

Telepsychotherapy Can Meet the Needs of Children with Neurological Conditions

- 12 trials over 20 years
- Children with varied neurological conditions: traumatic brain injury, brain tumors, perinatal conditions, epilepsy
- Improvements in behavior, caregiver depression and distress, psychosocial functioning, and quality of life
- High levels of satisfaction from both patients/families and therapists
- Families of lower socioeconomic status or with fewer resources were particularly likely to benefit

Advantages of Telepsychotherapy

- Ecological validity-you meet people where they live and understand their challenges in a way you can't when they come to your office.
- An opportunity to engage different modes of learning-can share videos or interactive exercises.
- Families can track progress online and receive incentives.

Patient and Family Perspectives

- My general experience with this project was amazing. I really felt that it was a huge part in helping me understand my injury and helping me cope with the side effects.
- We were lost before this program, so we were frustrated, and it got taken out on him [the child] unfortunately. Learning that it might not be his fault but because of his brain injury, that's definitely made us more patient and understanding

Therapist Perspectives

- Equivalent or superior in most respects
- Important to establish boundaries/set families up for success
- Consider how to handle crises in advance

Moving Forward: Clinical Implementation

- The COVID era provides a unique opportunity to bridge research and clinical care.
- Currently implementing the Online Family Problem Solving program at 10 sites across the US as part of clinical care.
- Current trials in Italy, New Zealand and Canada