

Adapting Games for Telehealth

CBT 123

👉 The therapist can lay out the cards before the virtual session or during the session. Let the client guide you to pick his/her own cards during the game.

👉 When a 1-2-3 are picked, be silly! These are a really fun way to teach cognitive behavioral therapy and the actions make them ideal for telehealth. Take time to talk about the #1's.

Mindfulness Matters

Cooperative Play Version

Goal: to spell "Mindful" together

1. Therapist shuffles all the cards and puts them in a pile, face up.
2. Therapist reads/shows a card to the client for the client to answer. When done, turn the card facedown and see if together how quickly you can spell "Mindful".
3. Take turns going from client to therapist answering the questions.
4. Do the "Mastery" cards together.
5. Game is complete when the word "Mindful" is spelled.

Additionally, you may open or close each virtual session completing a "Mastery" card together.

I Like Me 123

👉 The therapist can lay out the cards before the teletherapy session or during the session. Let the client tell you which cards to pick during the game.

👉 When a 1-2-3 are picked, be silly! Join in with your client as well for even more fun. These cards can build self esteem and are great for telehealth. Take time to talk about the #1's.

Priority Check

Goal: to answer 15 of the trait cards

1. Shuffle and set cards in front of therapist, facedown.
2. Therapist holds up a card for client to read. Client can answer the card with any of these prompts:
 1. State the first person you think of when you see this trait
 2. State the last time you showed this trait
 3. State what the world would be like if most people exhibited this trait

3. Therapist can take turns answering the card or just be the facilitator. This will depend on your relationship with the client.
4. Round is complete when 15 cards are answered!

Superhero Strengths

Cooperative Version

Goal: Together, therapist and client answer questions until there are 2 of each superhero turned up.

1. Therapist shuffles all the cards, setting them facedown in a pile.
2. Therapist holds up a card for player to read or reads it to the player. Player answers the question.
3. Therapist lays the card face up in the middle.
4. Therapist answers a question. If the card is a different superhero, start a new pile beside the other superhero. Your goal is to get 2 of each superheroes turned up. Together, you win!