Second tape starts re timekeeping Deb

One of the other advantages - I think - is it keeps you to time better

We are pretty good at being on time for starting – at times harder to stop

Some of us better at that then others .

I would say it helped me be sure I finished appointments on time. Or even a bit earlier

So I stuck to 45mins

Did you have a free account only 45 min (L)

yes frequently service had 2 that were longer

Because you were really clear with pts there was an external controller of your time - you finished on time and .. it did make you finish on time . I thought that was a definite advantage

Then it also got me thinking about different ways of practice

For example its embedded that we see people for 50 mins that often extends for an hour as often do nothave the next person to the hour point - then you have stress as you have not written up notes till end of the day

So embedded in the way of practice.

In fact evidence to suggest , in certain conditions exp with conditions that relate to emotional regulation.

Evidence to suggest – related to emotional regulation our kids that have adverse childhood experiences need interventions that happen more than once a week

Need interventions that happen more than once a week. Even Daily but not long even 10 mins

Cannot have someone come in every day

A lot is repetitive so can be done on zoom. Getting child to do this thing

They are better engaged actually

That would be a big challenge to way work

(Could to do intensive blocks … L)

A lot of interventions internationally started to develop ways it can be done by zoom EMDR Eye movement desensitisation Reprogramming – which is a reasonably well evidence based treatment for adults – a bit uncertain children- but a lot for children interventions are not extensively evidence based

So internationally people were working out how to do it by zoom

Video interaction guidance and probably other things. Most of us did not adapt that – One or two triedE MDR over zooms

That’s a whole other area - If a prolonged thing would have to think about it

I think there are therapies that would lend to it but more frequent and shorter

Getting us to think differently, just because it is different - not necessarily related to how we did things then.