

Story Scripts

Family Therapy

We've put together some story scripts to help parents explain Teletherapy appointments to their child or teen.

Family Therapy Script #1 (Elementary)



Once upon a time, there was a family who loved each other very much, but sometimes they had some problems that they needed help with. They decided to go to family therapy, which is a special place where a therapist helps families to talk about their feelings and work together to make things better.

But one day, the family couldn't go to the therapist's office because there was a big storm outside, and the roads were too dangerous to drive on. The family was sad because they really wanted to talk to the therapist and get help.

Then, the therapist had an idea! She suggested that the family could have their therapy session over the computer. This is called Telehealth. This meant that the family could see and talk to the therapist, even though they weren't in the same room together.

So the family all gathered around the computer, and the therapist appeared on the screen. They smiled and waved to each other, and the therapist asked how everyone was feeling. The family talked about what had been bothering them and the therapist helped them to work through their problems.

Even though they weren't in the same room together, the family felt like the therapist was right there with them. They could see and hear everything the therapist said, and they could ask questions and talk about their feelings just like they would if they were in the same room.

When the session was over, the family felt so much better. They hugged each other and thanked the therapist for helping them. They were happy that they could still have their therapy session even though they couldn't leave their house. And from that day on, the family knew that even if there was bad weather or they couldn't leave their home for some reason, they could still get the help they needed through Telehealth. The end.

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Family Therapy Script #2 (Tween)



There was a family who loved each other very much, but they had some problems that they needed help to solve. They decided to go to family therapy, which is a special time when a therapist helps families to talk about their feelings and work together to make things better for their family.

But one day, the family was faced with a challenge. They couldn't go to the therapist's office because they were all very busy and couldn't find a time that worked for everyone. They were worried that they wouldn't be able to keep their appointment. That's when the therapist suggested they try something new - Telehealth. This meant that the family could have their therapy session over the computer which allowed them to see and talk to the therapist.

At first, the family was hesitant. They weren't sure if Telehealth would be as good as in-person therapy. But the therapist assured them that it could be just as helpful. So the family decided to give it a try. When it was time for their appointment, they all gathered around the computer and the therapist appeared on the screen. The therapist asked how everyone was feeling and the family began to open up and talk about their problems.

What surprised the family was how comfortable they felt with the Telehealth session. They were able to see and hear the therapist just as if they were in the same room together. They could ask questions, get feedback, and work through their problems just like they would in-person. The Telehealth session allowed the family to be more flexible with their schedules. They could still get the help they needed even when they were busy or couldn't leave their home. As the family continued their therapy sessions through Telehealth, they noticed positive changes in their communication and relationships. They were able to work through their problems without arguing and began to feel more connected as a family.

The family realized that Telehealth was a valuable tool for them because it allowed them to get the help they needed, when they needed it, from the comfort of their own home.