

Guidelines for Video Presentation
EMDR Case Consultation for Individual and Group

To make the most of the time we have, I would like to suggest that you follow this guideline when presenting a video. Provide a 30-minute video/DVD and a written case presentation introduction. It is recommended that you utilize the FSS Case Presentation Format with the case you are presenting on video to gain the most learning opportunity from this experience.

Please keep in mind:

This is a learning process. You aren't expected to know everything. I hope to support you in the steps you do know well and encourage change in those areas you can strengthen. Feel free to give me feedback about what helps you learn most effectively. The more your consultant sees, the more the consultant can help you learn. You may not know what you don't know!

Recording preparation:

Try to have both the face of the client and a side view of you in the picture. Be sure the sound is clear enough that I can hear you both. Cue up the videotape to a minute or two before the part of the approach you want me to see. For example, if you want me to see reaching the end of the channel, show a few sets prior to the end of a channel and on past the point of reaching the end of a channel when you go back to target. If I am consulting with you over the phone, we will try and watch together via the internet or a clip you send to me in advance.

***Parts of the model demonstrated in this video?** (Check off what you are sharing. *It is not necessary to demonstrate each and every part.*)

- Phase 1 History taking
- Phase 2 Preparation (education regarding the symptom picture, metaphors that help explain the process, creating resources including safe place, spiral technique, light stream, resources needed to assist the client in their work.)
- Phase 3 Assessment (setting up the target, accessing/stimulating the target)
- Phase 4 Desensitization style (this would be at least 10-15 sets with BLS included)
- Reaching an end of the channel and going back to target
- Phase 5 Installation of the positive cognition
- Phase 6 Body Scan
- Phase 7 Closing down an incomplete session
- Phase 8 Reevaluation of work already done
- Cognitive interweaves
- Stuck/tough points you, the therapist, experience
- Focus on special protocols (recent events, current anxiety, phobia, grief, couples, illness, pain, et.)
- Other _____

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Feedback received from the Consultant and the Group that will be helpful to keep in mind: _____

Things you feel good about as a result of watching this video in consultation:

Things you would like to improve:

Things to keep in mind for next time you present a case in consultation:

What did you find helpful in this consultation experience?

Any adjustments you would like to discuss with the consultant to enhance your learning experience:
