EMDR Internet Therapy
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Private Internet Video Practice

Introduction

Why Internet EMDR Therapy?
- Provide broader scoped, cost-effective assistance for:
  - Population in underserved or isolated locations
  - Victims of massive traumatic events
  - People with disabilities or physical mobility issues
  - Child-care challenges
  - Professionals with meetings, travel & illnesses that interrupt therapy
  - People with anxiety, fear or phobias that inhibit access to counselors

- Access remote experts & consultants

Technical Set-up

Session with One or More Clients

- Choose computer/laptop, or web camera with sound: Webcam

Hardware:
- High speed Internet & reliable ISP (Internet Service Provider)
- High speed computer, large screen, quality Webcam
- Speakers to enhance audio
- Headphones for privacy & to block environmental sounds
- Smartphone, holder & charger, Bluetooth car piece
- Basic Simulation provisions: mp3 files or manual tones

Software for video calls:
- Skype™
- Google+ Hangout™
- Facetime™
- Facebook Video Call™

You're on Camera!

- Note the number of differences between these two in-session video screens

Lason: Learn to use your equipment!

The Human Touch

- The Art of Presencing
  - Ensure connected, personal experience with a remote client
  - Create the sense of your presence in a safe virtual reality
  - Resource bonding
  - Overcome missing-in-office senses & instincts
  - Use of voice, face, eyes & body language with WebCam
  - Words & images to reinforce nonverbal communication
  - Mental, emotional & physical reaction readings
  - Help clients feel safe
  - Enhance therapist’s understanding

- EMDR Preparation
  - Set up & practice a method of Bilateral Stimulation
    - Provide client-controlled stereo audio tones
    - Therapist-controlled tones (non-stereo): software or mechanical
    - Guide client’s eye movements
    - Guide client tapping
    - Finger movements if reliable Internet line

- Resourcing
  - Alliance with a client’s adult ego for containment
  - Depth of resourcing
    - e.g. Philip Manfield’s Dynamic Resourcing
  - Focused SUDS & ego state monitoring throughout EMDR

Emotional resources & differentiation

Safety

Conclusions

- Growing opportunities & potential for EMDRIA involvement
- Future research:
  - Follow-up studies on the effectiveness of EMDR methods
  - Comparison studies
- Telehealth EMDR after massive traumatic events
- Efforts of technology changes
- There are many studies, little research
- Many unknowns
- Unclear standards
- Technology is imperfect & unpredictable

Contact Information

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To get a copy of this poster, my paper Internet Presencing Essentials, or the manual, Basis of Internet Therapy please visit:
www.Online-EMDR.com
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