

EMDR Internet Therapy

JoAnna Watson Wong, LMFT #30508 CA, LCMFT #829 KS • Certified EMDRIA Therapist • Computer Scientist
Private Internet Video Practice

Introduction

⇒ Internet EMDR therapy¹

- Using Internet technology
- The Electronic Therapy office
- EMDR considerations

⇒ Goal:

- Familiarize therapists to Telehealth therapy
- Inspire more Internet usage
- Encourage research & development



¹Watson Wong, J. A. (2012). *Basics of Internet Therapy*. Internet distribution

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Why Internet EMDR Therapy?

⇒ Provide broader scoped, cost-effective assistance for:

- Populations in underserved or isolated locations
i.e. Military personnel
- Victims of massive traumatic events
- People with disabilities or physical mobility issues
i.e. Child-care challenges
- Professionals with meetings, travel & illnesses that interrupt therapy
- People with anxieties, fears or phobias that inhibit access to counselors



Photo courtesy of Imagerymajestic, freedigitalphotos.net

⇒ Access remote experts & consultants

Your Electronic Office Setup



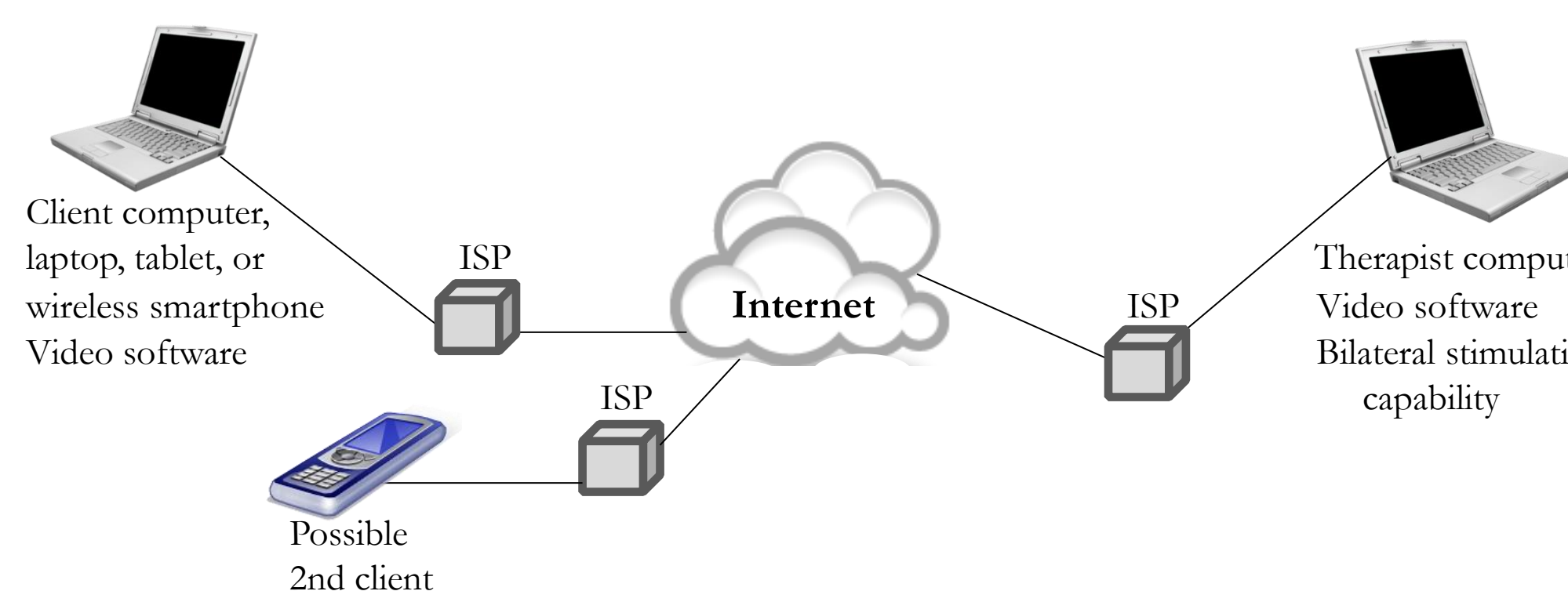
- ✓ Online e-mail communication
- ✓ Electronic forms & records
- ✓ Paperless billing system
- ✓ Legal considerations:
 - Forms, E-signatures
 - HIPAA
 - Privacy & Security
 - Liability Insurance
 - Telehealth licensing requirements

- ✓ Internet presence, i.e. website, networking
- ✓ Good quality hardware, software & capability for Internet video calling
- ✓ Records backed up regularly

Photo courtesy of stockimages, freedigitalphotos.net

Technical Set-up

Session with One or More Clients



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 ear piece
- Bilateral Stimulation provision: 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
Lesson: Learn to use your equipment!

Images include screenshot of Skype.com™

The Human Touch

⇒ The Art of *Presencing*²

- Ensure a connected, personal experience with a remote client
 - Create the sense of your presence in a safe virtual office
 - Reinforce 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 *seen*
 - Enhance therapist's understanding



²Watson Wong, J. A. (2013). *Internet Presencing Essentials* (Original 1994). Internet distribution.

Photo courtesy of Ohmcp, freedigitalphotos.net

EMDR Preparation

✓ Set up & practice a method of Bilateral Stimulation

- Provide client-controlled stereo audio tones:
 - i.e. MP3 formatted file
- Therapist-controlled tones (non-stereo):
 - software or mechanical
 - Guide client's eye movements
 - Guide client tapping
- Finger movements if reliable Internet line



Screenshot of Windows Media Player™

✓ Resourcing

- Alliance with a client's adult ego state for containment
 - The effect of having an on-site guardian resource
- Depth of resourcing
 - i.e. Philip Manfield's *Dyadic Resourcing*³
- Focused SUDS & ego state monitoring throughout EMDR

³Manfield, P. (2010). *Dyadic Resourcing*. CreateSpace Independent Publishing Platform.

Internet Glitches

⇒ Unavoidable!

- Worse case → Complete cut-off during an EMDR session
- Visual fuzziness or hiccups: Agree on strategies
- Video freezing: Preplan re-syncing procedures

⇒ Communication signals, aids & backup plans

- Clear therapeutic direction & guidance
- Recapture key information & missed reactions
- More verbalizations may be the norm

Safety

- ✓ Safety & containment preparation
- ✓ Resources:
 - Emergency contacts local to client
 - Friends, family, programs & assistance
 - Possibly a back-up local EMDR therapist
- ✓ Trust building may be slower, more conservative
 - Graduated targets
 - Monitored SUDS levels & ego state changes
 - Re-stabilization, ongoing resourcing
- ✓ Adequate time for session closure
 - Awareness of issues
i.e. abandonment & social isolation
 - Follow up instructions & precautions
 - Homework emphasizing positive cognitions
- ✓ Consistent follow up



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Conclusions

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

Contact Information

Contact: JoAnna@Online-EMDR.com
650-455-5040

To get a copy of this poster,
my paper *Internet Presencing Essentials*,
or the manual, *Basics of Internet Therapy*
please visit:

www.Online-EMDR.com

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