

Introduction

EMDR-remote is more than just a way to present the client with tasks during EMDR. You can also let the client fill in SUD and VoC scores and add session notes, all from the same intuitive menu. After a session, you can view the session log with all results from that session.

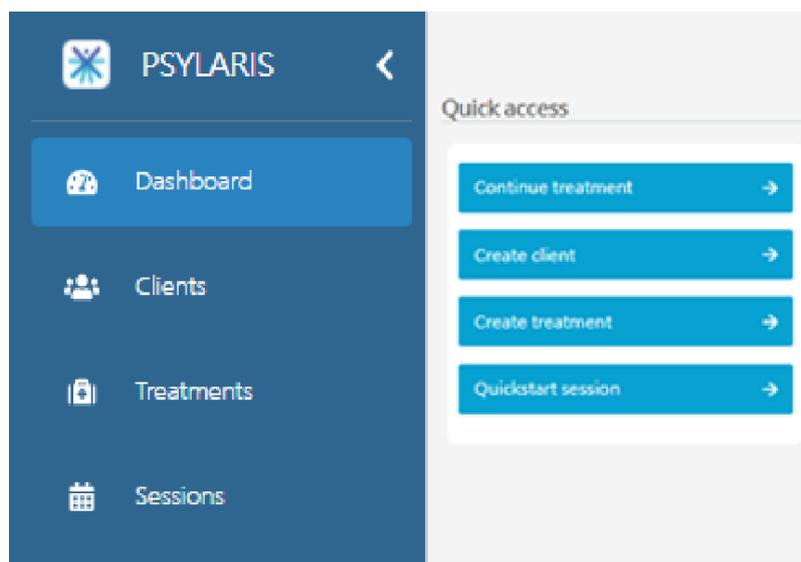
This solution has been developed on request and in collaboration with practitioners. The goal: To relieve the practitioner of as much work as possible during online EMDR sessions so that all attention can go to the client. To make this possible, clients are registered via the PsyLaris dashboard. This is a one-off action per client that takes less than 30s.

Alternatively, it is possible to start a Quick start session. These sessions don't require you to create a client and treatment, but this also means there will not be a session log.

Create client and treatment

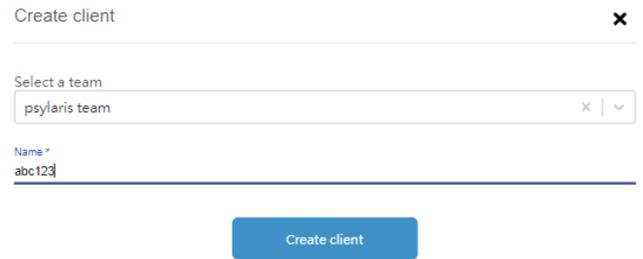
Just once per client.

As just mentioned, the client must be registered if this is the first time. This is easily done via the **Quick access** section on the Dashboard.



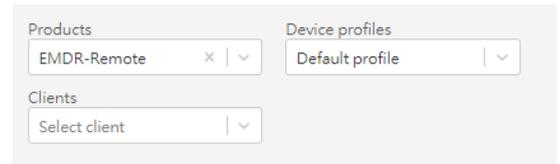
Step 1: Create client.

In the Quick Access menu, click on **Create client**. Enter the name or client number and confirm by clicking on **Create client**. The team does not need to be selected.



Step 2: Create treatment

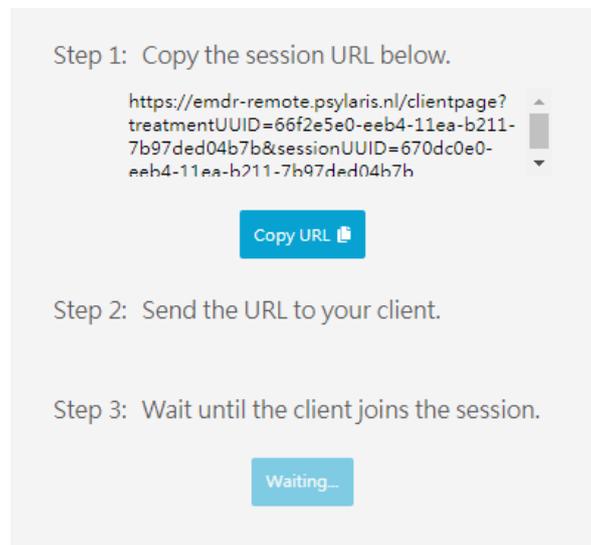
In the Quick Access menu, click on **Create treatment** and select EMDR-Remote (under Products) and your client (under Clients).



Confirm with the button **Create treatment** at the bottom right of the screen.

Step 3: Send URL

Copy the URL and send it to the client. Once the client has loaded the session, the **Waiting..** button changes to **Join** and you can join the session.



Step 1: Copy the session URL below.

`https://emdr-remote.psylaris.nl/clientpage? treatmentUUID=66f2e5e0-eeb4-11ea-b211-7b97ded04b7b&sessionUUID=670dc0e0-eeb4-11ea-b211-7b97ded04b7b`

Copy URL

Step 2: Send the URL to your client.

Step 3: Wait until the client joins the session.

Waiting...

Start session

At a follow-up appointment - not the first time.

If it is not the first time that you are going to go through an EMDR-remote session with this client, then click **Continue treatment** in the Quick Access menu.

You can then find your client in the list of recently started treatments or by searching for them with the magnifying glass icon. Clicking  will bring you to the same URL screen as above and allows you to start the session.

Client identifier	Type	Total number of sessions	Device	Start date	
test-client	EMDR-Remote	84	-	07-04-2020	 



Session controls

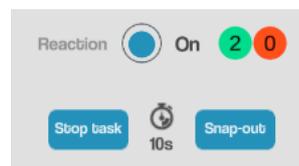
Only visible to the practitioner.

The EMDR remote menu as shown on the right is only visible to the practitioner. You can start / modify tasks here, request the SUD / VoC from the client, and make notes.

Customize tasks

Under tasks you can adjust the speed and trajectory of the ball, and whether this is accompanied by irregular clicks and a reaction task. In this response task, the client must be based on a visual cue give the correct response with the space bar, namely 1x push, 2x push, or no push.

When the task has started the menu changes. The task can now also be stopped again, a stopwatch appears that keeps track of how long the task has been running, and there is the option of a "snap-out" - where the ball temporarily makes another movement to get the client's attention. back to pick up.



If the reaction task is on, then the amount of the client has responded correctly (green) or incorrect (red).

Duration: 0 min.

Tasks

Present the client with a task.

Speed 100%

Path Linear

Clicks On

Reaction On

Measurements

Present the client a SUD- or VOC rating.

Measurements in this session:

SUD

VOC

Notes

Add notes to your session log.

e.g. NC, PC, emotion etc.

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Measurement moments

Whenever a Subjective Unit of Distress or Validity of Cognition rating must be provided, you can have the client enter a score. The result is immediately shown in your menu after filling in and also saved in the session details.

Notes

Finally, it is also possible to add notes, for example about the Negative Cognition or Positive Cognition, or to give context to a specified SUD score. These are also stored in the session details.

Compatibility note:

Currently, EMDR-remote is supported on PC and laptop with Chrome, Firefox, Microsoft Edge and newer versions of Safari.