

Good day!

We will soon work together over **EMDR-remote**. It's an intuitive possibility to do EMDR sessions via videocall.

To make sure that it will work out easily, I'm sending you this short manual for preparation. If you have any further questions, please let me know some time before the session.

Thanks, and see you soon!

## Technical Requirements

*Please take a moment, to make sure that you have access to the following things:*



A **laptop or computer** with a functional **webcam** and a **(integrated) microphone**. **No phone or tablet.**



The internetbrowser **Chrome oder Firefox**.



A **stable internet connection**.

*If you cannot fulfill these technical requirements, please contact me as soon as possible.*

## The application

*Shortly before the planned session, you will receive a link from me. With it, you can start EMDR-remote.*



Important: If you start EMDR-remote the first time, you should do the following: **Allow the application access to use your webcam and microphone**.

*Firstly, you will see the following screen. As soon as I enter the session, we can see and hear each other, just like in a normal video calling session.*





If your microphone or webcam doesn't work, you can change the settings, in the lower left corner, or choose a webcam or microphone if available. Click the upward pointing arrows to do so.

## The Tasks

*During the session different tasks can get introduced:*



A **small ball**, which is moving very fast over the screen, from one side to another and is quite hard to follow. It is important that you try to follow the ball with your eyes – not your head.



A **reaction task**, in which different symbols are introduced, and you react by clicking the **space bar**:

1 x click

2 x click

do not click!



A loud **clicking noise**, which will be played unregularly left or right in your headphones.

Further, all those tasks can be **combined**, so that you might hear the clicks while following the balls with your eyes and react on the symbols.

If you forget some of these reaction instructions, you can look them up, by clicking on **info** in the upper right corner on the screen, as a reminder.