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Guidelines for EMDR Sessions via Zoom

How To Connect

- Download the free version of Zoom Cloud Meetings before your session.
- I will send you an e-mail message with a link to my Zoom meeting. Click on the link 2 or 3 minutes before your session time.

What to Do If We Get Disconnected

- Click on the meeting link again, to re-join the meeting. If it doesn't work, text me. If we can't figure out how to re-connect, we may choose to continue via phone, or to schedule a make-up time.
- If we are unable to re-connect, we will schedule a make-up time.

What to Do If You Become Overwhelmingly Emotionally Upset During Your Session

- Stay with me, and we will work through to a place of greater calm.
- If we get disconnected, use your emotion management tools to calm yourself. (Container, Calm Place, QuickCoherence, other tools that work for you.)
- If you feel in danger of harming yourself, call 9-1-1 or Crisis Response (800-704-2651)

Your Privacy

- Find a quiet, undisturbed place for your session.
- The Zoom platform is secure, and recommended for therapy sessions, but because it is an online medium, it is important to remember that security is never 100 % guaranteed.

Miscellaneous

- Keep tissues handy.
- Keep paper and pencil available, in case you want to write something down.
- Think of your session as seriously as you would an in-person session.
- Consider posting a note on the outside of the closed door of the room in which you have your video session, stating that you are in session and not to be disturbed.