

Tips for maintaining the therapeutic relationship in



EMDR THERAPY

COMMUNICATE LOGISTICS

- Informed consent is key
- Prepare a plan for 'what if' the connection drops
- Ensure client feels they have a safe and private spot for therapy
- Address how the addition of a screen can affect the relationship



EASE INTO ONLINE THERAPY

- Allow time for trust to build in 'new' environment
- Consider extra time in Phase 2 preparation to facilitate secure relationship
- Review resourcing and safe place exercises to aid client in adjustment



ESTABLISH SAFETY

- Give tips to help client create safe therapy place
- Suggest having a favorite drink or comfortable seat for session
- Use voice, eye contact, and presence to create a calming environment



NORMALIZE STRESS

- Creating new routines can cause anxiety, discomfort
- Anxiety is the body's way of trying to protect itself
- Work with the brain and body to bring the stress response down
- Use grounding techniques

THERAPEUTIC ALLIANCE

- *Built on hope, empathy and trust*
- *Collaboration on goals and needs*
- *Mutual understanding and flexibility*
- *Genuine curiosity and respect*



ASSESS BEFORE REPROCESSING

- Assess appropriateness of client for reprocessing
- Explore client's preferred method of BLS/DAS in online setting
- Prepare a plan for 'what if' the connection drops during reprocessing
- Consider beginning with stabilization before accessing past memory networks



GROUND

- Discuss ways for client to feel safe after session
- Ask if client is prepared to reconnect with day to day life
- Suggest client have a routine to transition back to normal life



INSTILL HOPE

- Let the client know you truly care about the work you do together:
 - "Trust the process."
 - "You can get better."
 - "We are in this together."



CONTINUE TO EVALUATE

- Check in with the client on ways to improve experience
- Ask client what they like or dislike about online therapy