

Guidelines for Virtual Delivery of EMDR Therapy

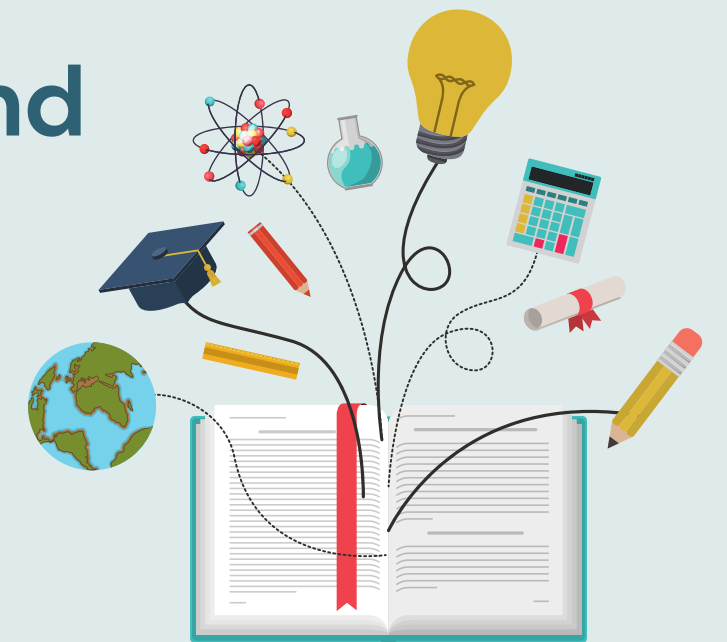
Ethical Integrity

Follow applicable laws, licensing standards, and maintain fidelity to EMDR therapy when delivering therapy virtually.



Preparation and Training

Clinicians advised to receive additional training in telehealth and use of technology.



Relational Attunement

Use additional screening and assessment tools to build a strong therapeutic relationship. Maintain cultural sensitivity and awareness.



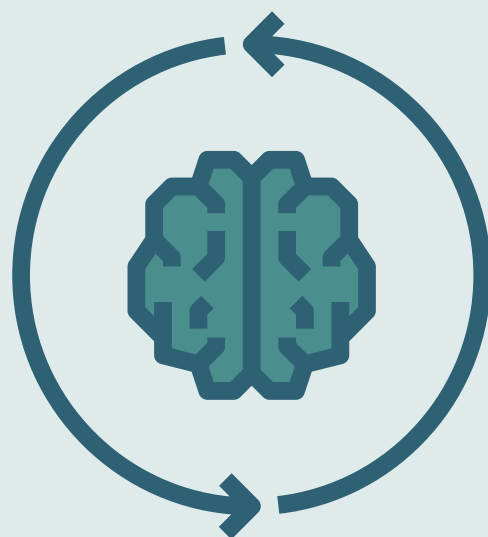
Technical Considerations

Stay informed as technology changes quickly. Obtain education and equipment to ensure technology runs as smoothly, securely, consistently, and safely as possible.



EMDR Specific Technique

Dual Attention Stimulus (DAS) are ideally administered by the clinician in discrete sets. Take appropriate measures for abreactions, and add safety by graduating targets, monitoring SUD levels, and staying attuned throughout the process.



Crisis Management

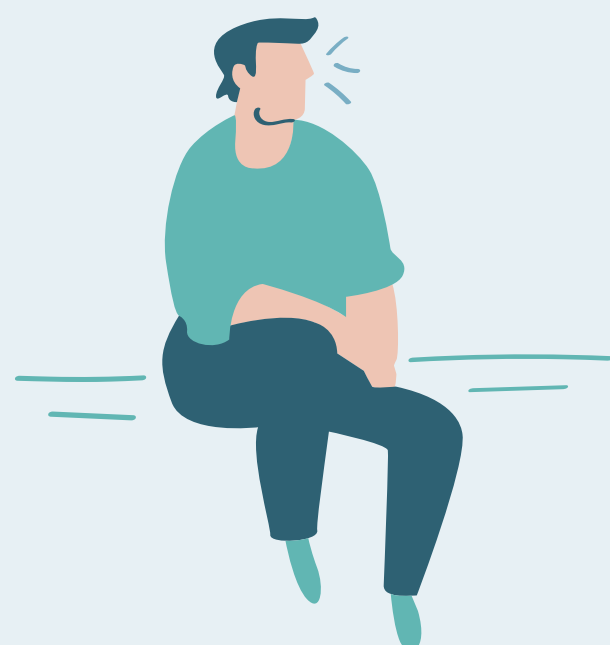
Plan ahead for potential crises and emergencies. Use relational attunement, collaboration with client, and informed consent paperwork to prepare for:

- Abreaction
- Dissociation
- Emergency Preparedness



Payor Sources and Insurance

If insurance is a potential payor source, find out whether insurance coverage is available for telehealth services. Let the client know.



Malpractice Insurance

Review your malpractice insurance policy to determine whether your services are covered. Consider limitations or jurisdictional restrictions that may be in place.

