

A Clinical Tip for Working with Individuals Impacted by COVID 19

According to the Center for Disease Control (CDC) 43% of Americans have a mental health issue related to the virus.

Consider utilizing Resources Development and Installation (RDI) to help victims struggling with the impacts of the pandemic. RDI can be effectively accomplished in one session and it can be delivered via telehealth. It does not seek to desensitize a memory. Rather, the RDI works to develop the client strengths, resources and solutions from an enhanced competency based perspective.

The RDI script can be found in the Trauma Recovery HAP EMDR training manual. You can also access a video workshop in the Distance Learning section on our website [here](#). The video covers RDI theory, practice and a live demonstration using two screens demonstrating how RDI can be applied via a telehealth session. [Learn more about the Distance Learning workshop here](#).

A Clinical Tip for Working with EMDR in In-Person Sessions

There are several considerations for working in-person with clients and EMDR that clinicians trained in virtual Basic 1 and 2 may not be sensitive to. These include the spatial relationship between client and therapist, application of the eye movement process in-person, and the layout and furnishing of the office environment.

The spatial relationship between therapist and client should allow positioning each seat in a juxtaposed layout, like “ships passing in the night”, which is likely to be closer to a client than traditional therapy sessions. This allows therapists to apply eye movement stimulation by hand or a wand at only twelve to fourteen inches from the client’s face. It creates an environment wide enough for client eyes to cross the mid-line.

Finally, attention should be given to office furnishings and layout. Office chairs should be able to be moved and arranged with ease, to create the juxtaposed layout and positioned so that a client is not seated facing a light source, which might distract them during eye movement protocols. For more details, consult this video by April Minjarez: **EMDR in Person** <https://youtu.be/kxNfGhd-wQY>