



Some Ideas about how to set up your Computer & Audio-Visual peripherals to do Virtual EMDR Therapy as well as to participate in Virtual Basic EMDR Training

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1. You need a computer with fast CPU that is equipped with High-Definition Webcam and a sensitive microphone.
2. If you don't have a HD webcam, find one and connect it to your computer USB-3 port
3. If your built-in microphone is not good enough, find a high quality USB microphone that you can connect to your computer. This is a good medium quality USB microphone I have used from Amazon:
https://www.amazon.com/gp/product/B001TGTDFM/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1
4. You can find a device that has HD webcam with microphone such as this on Amazon:
https://www.amazon.com/Logitech-C920S-Webcam-Privacy-Shutter/dp/B07K95WFWM/ref=zg_bs_172511_6?_encoding=UTF8&psc=1&refRID=RKVBE3NH8VQRMJTY4GJZ.
I have not tried this device.
5. I do not recommend Head Sets with microphone used in "Call Centers" that you see in the TV Ads. You want to present yourself to your clients in a setting as in Face-to-Face contact. This is also true to participation in ZOOM video conference in our virtual training
6. The bottom line is that you need a high quality microphone without noise cancellation so that you can use the Metronome in Virtual EMDR Therapy.
7. The next most important thing to consider is your Internet Speed. Subscribe to high-speed internet service, which offers at least 100 Mbps. You can test your internet speed from this website: <https://www.speedtest.net/>.
8. You can optimize your internet speed by using
 - a. Modem approved by your Carrier,
 - b. Using high quality coaxial cable:
https://www.amazon.com/gp/product/B00DI88ZNU/ref=ppx_yo_dt_b_asin_title_o00_s00?ie=UTF8&psc=1
 - c. Using high quality Ethernet cable:
https://www.amazon.com/gp/product/B07QLD7Y7B/ref=ppx_yo_dt_b_asin_title_o02_s00?ie=UTF8&psc=1
 - d. Directly connecting your computer to the modem.
9. If your computer is too far from the Router to directly connect with Ethernet cable, connect your modem to Google WiFi system to extend your WiFi, eliminate dead zones, and ensure that you get the best connection to your computer even if you are far off from the Router. Here are the links to research this option:
<https://www.youtube.com/watch?v=Y75oktWH1Dc>; <https://www.amazon.com/Google-WiFi-system-3-Pack-replacement/dp/B01MAW2294>. I have this system installed and works great!
10. Now, you have a computer that is equipped with HD webcam, sensitive microphone, and connected to high-speed internet.

11. The next challenge is ensure your privacy by setting up a green screen. You can set up a green screen behind you, should be few feet away behind from you. You can look at these options on Amazon:
https://www.amazon.com/gp/product/B0743Z892W/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&th=1 .
12. Now you have to set up lighting so that it looks good in video conference. The general rule is to have two LED lights focused on you at 45 degrees from each side from the front. Then you also have to light up the green screen behind you so that there are no shadows on the green screen. This is what I am using in my studio for Virtual EMDR Therapy as well as Virtual EMDR Training.
 - a. Green Screen Fill light behind you
https://www.amazon.com/gp/product/B078Z99GQB/ref=ppx_yo_dt_b_asin_title_o02_s00?ie=UTF8&pssc=1
 - b. LED lights focused on you:
https://www.amazon.com/gp/product/B072Q42GXQ/ref=ppx_yo_dt_b_asin_title_o07_s00?ie=UTF8&pssc=1
13. You can download an app on your smart phone which will help you set up the lights so that it is well set up to use your green screen: <https://www.hollywoodcamerawork.com/green-screener.html>
14. NOW you are all set up to have a high quality video conference through ZOOM or whatever other service that you will be using
15. This is the link to YouTube Video demonstration on how to simulate Eye Movements in Virtual EMDR Therapy:
https://youtu.be/E7XiM4_Plcg
16. You can get the Metronome App you see in the demonstration at this website:
<https://www.soundbrenner.com/themetronome/>

I hope these ideas will be helpful in setting up your practice to offer Virtual EMDR Therapy for your clients as well as in getting the best out of Virtual Basic EMDR Training