

Telehealth preparation

Clients + Clinicians | Telehealth | Phase 2

Awaiting qualified clinical review. Not a stand-alone protocol, clinical training, supervision, or individualized treatment.

Prepare the clinical plan, the environment, and the connection before remote work. EMDRdot supplies stimulation tools, not a complete clinical telehealth service.

UNDERSTAND

Context and choices

DISCUSS

Collaborate and monitor

ADAPT

Review what helps

Purpose and context

A backup plan and an agreed way to stop matter as much as a working screen.

Client-facing explanation

Choose a private place, charge your device, and test your connection. Ask your therapist what to do if the call drops. You should not have to work out a backup plan while distressed.

Clinician reference

Assess remote-treatment appropriateness, consent, jurisdiction, client location, local emergency arrangements, backup communication, privacy, and support. Keep emergency contacts and exact locations in protected practice systems, never in these educational tools.

General sequence / checklist

1. Clinician: verify consent, location and jurisdiction, clinical appropriateness, emergency plan, and backup contact in the practice system.
2. Both: agree on privacy, interruptions, stop signals, communication channel, and reconnection steps.
3. Client: charge devices, check internet, close distractions, and position a comfortable display without straining the eyes or neck.
4. Both: test visual comfort, screen size, speed, stereo audio if used, and pause/resume using neutral content.
5. Clinician: reserve closure time and confirm what happens if reconnection fails.

Example / documentation consideration

Fictional connection plan: if the call fails, stop stimulation and follow the clinician-agreed backup contact plan. No personal contact details are collected here.

Scope and cautions

Remote treatment is not appropriate for every person or circumstance. Browser feature checks cannot establish clinical suitability or guarantee reliable connectivity. Do not enter emergency details here.

Selected references (framework; not validation of every exercise)

EMDRIA: Guidelines for Virtual EMDR Therapy

HHS: Creating an emergency plan for telebehavioral health

No qualified review date recorded. Accessible written counterpart: emdrdot.com/resources/preparation/telehealth