

Therapist being reviewed:	Lisa Williams
Date:	5/10/2022

Candidate: please score "+" if action was executed appropriately, a "-" if it was not

	+ or -
Beginning session: Explanations to client contain essential components for ART protocol. See attached Required Concepts.	+
Instructed to stay with EMs even if distressed	-
Gauge distress with ARTOMETER	+
* Processing early sensations	-
Used Scene Match if needed (sensations don't change or worsen)	-
Gave sufficient, clear instructions for 1 st time through scene	+
Used set of 40 EMs for processing scene or sensations	+
Placement of hand or eye guiding stick	+
For sensations, asked "did anything move or change?"	+
Processed sensations after every set of 40, 1 st and 2 nd time through scene	+
Gave sufficient, clear instructions for 2 nd time through scene	+
Asked "did anything look or feel different this time?"	+
Gave sufficient directions for Director with examples	+
Asked about more time with hand up	+
Asked about and did Transfer, if needed	+
Did Outprocessing with clear explanation	+
Reinforce Good Scene	+
Did Pile/Bonfire	+

Processed presenting problem if Scene Match used	—
Did Target Trigger Times with clear instructions and examples	+
Reinforced Target Trigger Times if needed to raise confidence	—
Did Bar of Confidence, saying it went above a 10	+
Used Seed of Doubt	—
Ended session with Bridge and Fountain	+
Scaled end of session allowing client to pull down ARTOMETER	+
Good use of optional interventions (Gestalt, Rescue Earlier self, etc)	+
Followed protocol, demonstrating each step in order, by memory	+
Answered client's questions sufficiently and appropriately	+
Processed client's sensations/ emotions as needed to achieve desired outcome	+
Kept session moving, "Less Gab, More Grab"	+
Used metaphors when opportunity arises	+
Proper use of Gestalt during session	—
Timing of session	+
Did they follow script but with client's needs in mind?	+
ARTOMETER dropped to "Blue Zone"	+

Optional Comments:

I am completing this session with someone who is very familiar with ART, and the first thing that I noticed is that I missed processing early sensations after doing the Artometer. I was very focused on ensuring that I included the explanation of ART and the newer statement of "if you are doing it wrong..." I should have asked for the early sensations before processing this statement.

When the client was telling me about the Director scene, she seemed to show significant emotion. I was thinking about whether we needed to move to processing, but through her explanation, I could see she was feeling a relief of emotion and not negative emotions. So, I chose to grab and spread the positive.

I did not use the Seed of Doubt because the client indicated that she was at a 10 when we scaled for confidence. I chose to grab on to the metaphor of reinforcing the confidence that she felt. If she had felt less confident, I would have encouraged her to release that seed of doubt and scale the confidence as well.

The scene the client wanted to process was a conflict she had with her daughter a few years back. Prior to the session, she continued to feel guilty about this scene even though it occurred years earlier. However, the client reported crossing out the "guilt" and a sense of relief. So, I did not use gestalt or rescuing of earlier selves. I think I was being led by the client, and she was reporting the desired outcome. If I had sensed that the client was not feeling resolution, I would have stayed with reinforcing the director scene, exploring the distress that I was feeling, offering suggestions, etc.