

Client Session Review Evaluation & Proficiency Scale for Training Use To the Candidate:

Your video must meet the following qualifications in order for your video to be accepted for evaluation:

- No longer than 60 minutes
- Do not remove any part of the video, including eye movements
- Work on issue that occurred in the past
- Some of you (including your hand movements) and some of the client should be in view in the video
- Execute protocol exactly in the way you would teach it in a training (exact protocol) even if it is not the first session with this client, speak to them as if it was the first time.
- Demonstrate understanding of the importance of sensations and/or image replacement in your execution of the protocol.

While you will be expected to demonstrate how you state each part of the protocol in a session, you may not read from a script.

When you create your ART video, please be sure to understand that this video is the answer to the following question:

"Does this candidate demonstrate in the video that they know and use the ART basic protocol exactly in the way that we will be expecting them to teach it to their training participants?"

In other words, do they do each step in the protocol and if not, explain in their feedback form why not? Explanations may or may not be judged as acceptable depending on the situation.

Trainer-candidates often think that their video needs to demonstrate that they are able to help a client to make significant changes with ART. **This is not what this video is for.** We know, once you have reached this point in your training in ART, that you are able to accomplish that. **This video is simply and clearly a vehicle in which to demonstrate that the trainer-candidate knows and utilizes all of the steps in the protocol for basic ART, just the way that they will teach it to the participants, who are just learning Basic ART. However, if the client does not make reasonable progress in reducing distress, do not submit the video.**

Also, in your video-taped session, do not read from a script. We want you to demonstrate that you have committed the steps of the protocol to memory and have the depth of understanding to move from step to step in a fluid manner.

The answers that you provide in the below form should clearly demonstrate your depth of understanding of what we want you to accomplish in this specific video.

Simply check off each item in the protocol checklist, to ensure that you have done this demonstration video correctly and submit that with your video.

If you have not demonstrated every step in the protocol (exception, scene match may not be appropriate) then your video may not be accepted. If you do not demonstrate understanding of the steps (ie- ignore negative sensations or emotions after the Director) your video will not pass. If you just show all the steps, but do not attend to the client's needs you will not pass.

Therapist being reviewed:	Mariel Ansion
Date:	May 28, 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)	N/A
Gave sufficient, clear instructions for 1 st time through scene	+
Used set of 40 EMs for processing scene or sensations	+
<i>Please see optional comments</i>	
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	+
<i>First time was not positive, so gave additional ideas</i>	
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	N/A
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	+
<i>Added intervention "smooth + easy" → See additional Comments</i>	
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)	
<i>See additional comments</i>	
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	
<i>See additional comments</i>	
Timing of session	+
Did they follow script but with client's needs in mind?	+
ARTOMETER dropped to "Blue Zone"	+

Optional Comments:

I try very hard to have always sets of 40 EMs. However, sometimes sets end up being a little bit shorter or longer (+/- 2). I am aware of why it is important to keep it regular. It helps the brain anticipate the length of each set as they are processing. Plus, the research shows that sets of 40 EMs allow enough time to process without overwhelming the brain.

The second time seeing her scene, after processing neutral sensations, asked if anything had moved or changed. Client reported no change. I could have asked if she wanted to process those sensations again or checked if sensations were neutral positive or neutral negative. I decided to move on because my clinical impression was that it was neutral-positive, like a clam-neutral feeling. However, with other clients I often ask and make sure my interpretation is correct before moving on. After she continued to watch her scene for the second time, when she reported neutral feelings, I had the impression the "neutral" was more negative than positive, so I asked, and processed that.

During Target Trigger Times I decided to add the intervention of "smooth and easy" to help client have more positive experience of the future and increase confidence in the changes. I could have also added thinking about something that she is good at or feels confident about, but considering the time, I decided to use that one and check for changes. Since changes seemed to be good enough, continued with the rest of the script.

Instructions when crossing the bridge: I should have been clearer about asking her to see her life without the problem what was now in the past. I checked on this after she crossed the bridge. If she had reported that she did not see her life in the future without this problem, I would have use another set of EM for her to see it.

In this particular case, besides having the past selves help get rid of past scenes (bonfire) and crossing the bridge, there was no need for a more significant Gestalt intervention such as rescuing younger self or closure.

Note: After I stopped recording the client said that when she thought about her scene it felt like a face-palm rather than overwhelming as it did at the beginning of the session. In a future session the client reported that they had given her a new assignment and she noticed the changes as she only felt the stress related to that one assignment (not the past ones) and it felt way more manageable. I know the purpose of the video is not to assess effectiveness of ART, but I always get excited about the outcomes and wanted to share.

There are concepts that need to be demonstrated and communicated to your client in your video, but the wording does not need to be memorized. Here are the concepts required for video:

Beginning

- ✓The first time through is the most difficult
- ✓Processing images and sensations
- ✓Not focusing on hand
- ✓Don't have to give details
- ✓No speaking during EMs
- ✓List emotions
- ✓Rate SUDS
- ✓Don't have to understand, don't worry about doing it right
(if struggles -notice the struggle with EMs)
- ✓Keep facts, lose problem images and sensations

Scenes

- ✓If you finish seeing scene before my hand stops, loop it around and start it again
- ✓See scene second time, look for differences – give examples
- ✓You are Director -change it any way you like give examples

Sensations

- ✓Notice negative and neutral – Spread Positive

Transfer

- ✓Do they see images from old, new, Or both scenes- change channel, it will connect the scenes and make it harder to see old scene

Outprocessing

- ✓Erase, Paint, Replace

Reinforce

- ✓See good scene again and continue to make it happier

Pile

- ✓Make pile, get rid of all of it

TTT

- ✓See future and check for anxiety or practice success

Confidence

- ✓Check confidence

- ✓Look for Doubt

Bridge/Fountain

- ✓Go into future and leave problem in the past
- ✓Fill up with what they need from fountain