

Zoom/Online Working Information

Here are some points to make the training go more smoothly for all of us, much of which you will already be familiar with.

Training check list:

- Ensure that your webcam and microphone are working.
- Check that your internet service is good. Ongoing hard wired internet is will better fir on-line therapy work as this does vastly improve the service for meetings and webinars.
- You may prefer to wear headphones during the teaching parts of the training.
- If you have an apple TV etc, stream your computer to your TV screen for the training if you wish as this may improve your experience of the training.
- Practicing the eye movements - you can do this on yourself, however if there is a person with you at home and they are happy to assist you to practice that will be fine or buddy up with someone form he course to do a swap.
- A mirror may help with self eye movement work.
- Good lighting is essential your side for doing eye movement work with people remotely.
- You may wish to put markers in a room to help guide your eyes so the peripheries of each axis. Blue tack, dots etc.
- There are some contraindicated conditions for IEMT these are available in the pre-course materials so please read before working with someone.
- Exercise work sheets are available in the pre-course resources and the manual is in the post course resources, but take notes too if you wish.
- Take comfort breaks as and when. I will be stopping the training for breaks of course and lunch will be 45 minutes.

- There will be set time for Questions so that the flow of the training is not disrupted.
- Keep you Mic on mute until I either ask you all questions or we are doing the Q&A part of the training so that there are not too many voices trying to talk at once.
- If you have chance before watch the film called the Railway Man starring Colin Firth as this will be helpful for the PTSD segment of the training (don't need to watch it before the training).
- I can only briefly cover Trauma & PTSD on this training so if some back ground is required do some reading up yourself.
- Authors such as Peter Levine, Peter Walker, Gabor Maté, Bessel van der Kolk
- Finally I advise you to download a free copy of Zoom and ask a friend or family member to assist so that you can familiarise yourself with the format by doing a chat session, if you haven't already.



integraleymovement.com