

**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.
- 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?

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.**

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.

Therapist being reviewed:	Nancy Morrell Lamey
Date:	December 22, 2021

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

	+ or -
Beginning Session: Explanations to Client (The evaluators will determine via your video if you have met the criteria for giving clear, thorough explanation of the basic ART protocol.)	+
Instructed to Stay with EM's Even If Distressed	+
Gauge distress with Artometer (allowing client to pull it up)	+
Processing Early Sensations	+
Used Scene Match, If Needed (Sensations didn't move or worsened)	N/A
Gave Sufficient Directions for 1 st Time Through Scene	+
Used Sets of 40 (no less no more)	+
Placement of Hand During Eye Movements	+
Asked “Did Anything Move or Change?”	+
Processed Sensations after every set of 40, 1 st and 2 nd time through scene	+
Answers the Client's questions sufficiently and appropriately	+
Gave Sufficient Directions 2 nd Time Through Scene	+
Asked What “Looked or Felt Different”	+

Gave Sufficient Directions for <i>The Director</i>	+
Asked About More Time with Hand Up	+
Asked About and Did Transfer, if Needed	+
Did Outprocessing With Good Explanations	+
Reinforce the Good Scene	+
Did <i>Target Trigger Times</i> with Correct Words	+
Good Use of Optional Interventions (Bonfire, Confidence Scale)	+
Used see of Doubt	+
Ending Session with Bridge and/or Fountain	+
Scaled End of Session Allowing Client to Pull Down Artometer	+
Keeping Session Moving “Less Gab; More Grab”	+
Following the Script as a Whole, and In Order	+
Resolving Session	+
Following the Script fluidly, from memory	+
Use of Metaphors when Opportunity Arises	+

Style of Engaging the Client	+
Proper Use of Gestalt During Session	+
Timing of Session	+
Artometer dropped below "red zone"	+

Optional Comments:

Please accept this self-evaluation for my video submission. I am really really pleased with my work.

While I could have used strategies from the Enhanced and Advanced training, I believe I stuck to the basic script very well.

However, due to client pre and post SUDS not reducing how I thought it should, I believe the client will benefit from future treatments as new scenes were popping up during the bridge and the fountain. Therefore, I did the closing statement which explains the above to the client and then I did the post Artometer indicator reading. I also used the question "Ask yourself how to best resolve this for today."

Thank you in advance, Happy Holidays. Nancy Morrell-Lamey