

Zoom Meeting - FAQ

We are excited to be able to offer our EMDR training virtually! That means you can take the course from the comfort of your home! This is also a great way to learn how to do online EMDR! More information from EMDRIA on doing virtual EMDR can be [found here](#).

Here's what you need:

- Computer with a webcam
- Headphones with a microphone (apple earbuds that come with the phone work great)
- Zoom account: Go to <https://zoom.us> and register for a free account
- Practice getting on zoom and how to mute, unmute etc. prior to the meeting day.
- Privacy. Find a space in your home where you can practice and participate without distractions.

What to expect:

- Start on time and end on time.
- We will be able to see you and you can see us
- We will have the lecture in the morning with some experiential activities
- We will break into groups and practice in the afternoon.

There is a main meeting area for lecture and then we will break out into virtual breakout rooms

How to work the Zoom space:

- Follow the link we sent out to get to the meeting. It will be the same link each day.
- In the top right corner of the screen it will say **Gallery** or **Speaker** view. You will want to keep it in speaker view until the consultation time, which may be better in Gallery view.
- We will break out into Zoom Rooms. You will get a notification to join a room, click it. Once in the room, practice using the help button which requests that a host join the room.
- We will have trainers coming in and out of your break out room periodically to check on you. You can also request help. Do not hesitate to ask for help, it's what we do best. :-)
- Once you are in your practice group put it on Speaker view. When you are the therapist or the client you can "Pin" the video of your partner so it doesn't leave the screen:
 - Beside the face of your partner there will be 3 dots... click on that, one will say pin video, click that.

- You can communicate with the people **in the room only**. Once the assistant leaves the room, they will not receive your message. If you wish to talk to the assistant you will need to request them with the help button.