* ***Homepage:***
* Homepage – first script (video) Professional EMDR Therapy – change ‘Watch your therapist explain the EMDR process’ to 'Learn more about EMDR Therapy' we can remove 'Start EMDR Session' here.
* Before they click on the video they are given the option of whether they see a female (Rebecca) or Male (Alistair). I will be uploading identical scripts, so we just pull in the correct MP4 files depending on who they select.
* We could add a thumb nail of each therapist and allow them to select which therapist they would like to work with.
* For ALL videos on ALL pages, remove the restart, play, and mute functions they aren’t needed. We will just have the main play button and an ‘x’ in the top right-hand corner that will allow them to close the video.
* Once they have selected their therapist, we will need to import the relevant MP4 files throughout the rest of the process.
* Can we add a back button on every page, currently you must move through all the phases to return to the beginning.
* On the homepage delete the text underneath Professional EMDR Therapy In Your Own Space and replace it with: “This isn’t just an EMDR app. It’s your therapist’s voice in your pocket — guiding you, grounding you, and walking with you through each step of your EMDR journey. Designed to replicate the real experience of being in therapy, this app offers support, structure, and connection when you need it most.”
* When the app launches it should refresh. Like the app has started for the first time so it will have the start your free trial functions. The user can continue their journey by logging back in.
* When they click start free trial, or ‘continue your journey’ (as it currently is) the page they see is ‘Meet Your Therapist’ the script that goes here will be SCRIPT 1: Welcome & Introduction to EMDR. Instead of saying EMDR Therapy Session at the top is can say Welcome and Introduction to EMDR. ‘INTRODUCTON’ can be removed as it appears under the current title. ‘Script 10’ can be removed. And the Session details can be removed – we will need to think about how we track the user progress, but this looks messy as it currently is. Under ‘Meet Your Therapist’ remove ‘and building therapeutic rapport’.
* Next page again, remove EMDR Therapy Session, in fact we can remove this banner from all the pages because we are telling the user what the page is within the video area.
* ***Calm Place:***
* We are going to add another page after SCRIPT 1: Welcome & Introduction to EMDR. This will be SCRIPT 2: Setting up your Calm Place – there will be a video and then the following information the user can capture that will be stored for when they want to access it later:

** Image Description  
“What does your Calm Place look like?”  
→ userCalmImageDescription**

** Sensory Details  
“What sounds, smells, colours or textures are in your Calm Place?”  
→ userCalmSensoryDetails**

** Positive Emotion  
“What emotions do you feel when you imagine being there?”  
→ userCalmEmotion**

** Body Sensation Location  
“Where in your body do you feel these calming sensations?”  
→ userCalmBodyLocation,**

** Cue Word  
“Choose a word that brings you back to this place.”  
→ userCueWord**

** Optional: Reminder Prompt  
“What would you like to remind yourself the next time you visit this place?”  
→ userCalmReminder**

* We are also going to add another page to the main sequence which is: SCRIPT 10: Aftercare – there will be a video for this page. When they are finished, they will click continue to end this EMDR session and will return to the homepage.
* The pages will load then in the following order according to the respective scripts:
* **SCRIPT 1: Welcome & Introduction to EMDR, SCRIPT 2: Setting up your Calm Place, SCRIPT 3: Setting up the Target Memory, SCRIPT 4: Reprocessing, SCRIPT 5: Reprocessing Continued, SCRIPT 6: Installation of Positive Belief, SCRIPT 7: Installation of Positive Belief Continued, SCRIPT 8: Body Scan, SCRIPT 9: Calm Place, SCRIPT 10: Aftercare.**
* Scripts attached for reference.
* ***Setting up the Target Memory:***
* Under ‘Setting up the Target Memory’ it should say ‘Identifying the target memory to be reprocessed. We need the user to enter all the information (see below) appertaining to the incident – see below and attached for how we could do this.
* See attached photos for how we could allow the user to enter this information (we would not have the examples at this point) this is a good way to enter the information and for us to capture what they enter. If the user misses a part and tries to continue, we need to add a message that says, ‘Target missing (or whichever part they have missed) you must complete this information to continue’. Note how they have captured the SUDS (disturbance level) we can do similar, but we use the sliding bar. I have a sheet I can upload that has example of negative and positive cognitions, we would show them this list and allow them to select one, or they can choose their own. Once the user has entered all the information below, we could show them this information before moving onto desensitisation and reprocessing.

Target Memory *“What memory are we going to work on today?”*

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Worst Part (Image) *“What picture represents the worst part of the incident?”*

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Negative Cognition *“When you bring up the picture, what negative belief do you have about yourself now ?” (even if you know it’s not true)*

*(The negative cognition should be self-referential, I’m shameful, I should have done something, I am in danger, I’m weak)*

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Positive Cognition *“When you bring up that picture/incident, what would you prefer to believe about yourself now?”*

*(The positive cognition should be self-referential, I’m a good person, I did the best I could, it’s over; I’m safe now, I’m strong.*

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Validity Of Cognition (VOC) - *“When you think of that picture/incident, how true does that (positive cognition) feel to you now on a scale of 1 to 7, where 1 is untrue and 7 is totally true?”*

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Emotions/feelings  *“When you bring up that incident and those words (negative cognition), what emotions do you feel now?”*

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SUDS (subjective units of distress)

*“On a scale of 0 to 10, where 0 is no disturbance and 10 is the highest disturbance imaginable, how disturbing does it feel to you now?”*

*(If more than one emotion, still only 1 SUDs rating)*

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Location of body sensation *“Where do you feel that in your body?”*

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* Whilst still on this page ‘Setting the Target Memory’ we do not need to ‘Session Notes’ at the bottom of this page.
* ***Reprocessing:***
* Once the user has completed this phase they click continue, when the new page loads which is ‘Desensitisation and Reprocessing’ the page should load at the top, it currently loads at the bottom.
* Under ‘Desensitisation and Reprocessing’ it should say ‘Preparing for bilateral stimulation and reprocessing’.
* Again, remove the header completely ‘EMDR Therapy Sesson’ ‘DESENSITISATION SETUP’ ‘Script 30’ and the Session information.
* Currently the user starts the BLS by using the Start BLS button. What I want to happen is they use the Continue button here to start the BLS, whether that’s visual, audio, or tapping. Once they click Continue, they will be taken to the BLS screen (as they were previously when they clicked Start BLS. This change will make it more seamless for the user (make this change to the Installation of the Positive Belief’ pages).
* We do not need the ‘Session Notes’ on this page.
* So, the user is taken to the BLS page where the BLS will complete 24 sets of BLS, but remove ‘Stay focused on the target memory’.
* We need to make sure the BLS page is consistent in branding as the rest of the app and should fill the screen as if it is fully integrated.
* They will then be automatically taken to the next phase SCRIPT 5: Reprocessing Continued.
* Again, remove the header completely ‘EMDR Therapy Sesson’ ‘REPROCESSING’ ‘Script 40’ and the Session information.
* We can remove the VOC rating from this page as it is not needed until the next phase.
* Remove ‘This script may be repeated as needed’.
* This will then loop continuously, they will start BLS and be taken through to the ball page and see 24 sets of BLS and then automatically taken back to SCRIPT 5: Reprocessing Continued until the user does not have any distress associated with the memory being processed, when the SUDS are a zero. So, we need a button that will signify this so that the user can move onto the next phase SCRIPT 6: Installation of Positive Belief. The button could appear next to the ‘Next BLS set’ and say, ‘Reprocessing Complete’.
* We need to add a function to increase and decrease the speed of the BLS in the BLS screen (the one with the ball, or audio, or tapping that runs for 24 sets).
* ***Installation:***
* Once they have completed desensitisation and reprocessing and moved onto the Installation of the Positive Belief – again remove the header completely ‘EMDR Therapy Sesson’ ‘INSTALLATION’ ‘Script 60’ and the Session information.
* On this page we need to make the same change with the BLS function as we did with the desensitization and reprocessing phase - Currently the user starts the BLS by using the Start BLS button. What I want to happen is they use the Continue button here to start the BLS, whether that’s visual, audio, or tapping. Once they click Continue, they will be taken to the BLS screen, as they were previously when they clicked Start BLS. This change will make it more seamless for the user.
* We do not need the Belief Strength Check on this page, but we do need it on the next page SCRIPT 7: Installation of Positive Belief ContinuedInstead of Continue Installation it should say Start Installation.
* Next page Installation of the Positive Belief Continued – again delete all the header information - ‘EMDR Therapy Sesson’ ‘INSTALLATION’ ‘Script 70’ and the Session information.
* Remove ‘This script may be repeated as needed’.
* This will then loop continuously (so they will start BLS and be taken through to the ball page and see 24 sets of BLS and then automatically taken back to SCRIPT 7: Installation continued (loop) (In the app we will call this: Installation of the Positive Belief Continued) until the positive belief has been successfully installed. So, we need a button that will signify this so that the user can move onto the next phase SCRIPT 8: Body Scan. The button could appear next to the Continue Installation giving the user the option to Installation Complete.
* ***Body Scan:***
* Remove the header completely ‘EMDR Therapy Sesson’ ‘BODY SCAN’ ‘Script 80’ and the Session information.
* Remove the VOC and SUD ratings and remove Session Notes.
* Same comment regarding the video – remove the restart, play, mute and include the ‘x’ top right-hand corner when the video is running.
* Under Body Scan change ‘processing’ to ‘reprocessing’.
* **Calm Place:**
* No changes yet
* **Aftercare:**
* Once they click continue this completes an EMDR session and the user will return to the home screen.
* General Amendments:
* The app needs to self-modify depending on the user’s accessibility settings.
* The screen changes – especially between the BLS screens must be seamless and must maximize the full screen and the branding must be consistent throughout the app.
* We need to add a note to advise the user that if they are using audio to use headphones – this could appear in a pop-up window if they select audio and would say “For the best experience and to benefit from the BLS please use headphones when using audio”.
* ***Some of these amendments may have been conflated so please ensure you double check once you have made the amendments to ensure you have not missed anything.***