

Sandwich Technique
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Part of learning is giving and receiving healthy feedback! In this training today and in the coming weeks, you will be providing feedback to each other as you watch each other use EMDR or participate as the “client” receiving EMDR. In providing feedback, it is best to do so with the best interest of the other person in mind. This is why we use the sandwich technique.

The Sandwich technique: 1st, provide positive feedback, then provide corrective feedback, and end it with positive feedback.

Example: Chad, who is practicing EMDR on Emily another clinician in the training is providing wild eye movements that Emily is having a hard time following. Emily can use the sandwich technique by saying *“Chad, I really liked how you spent time on the negative cognition, and you found one that resonated well with me. One thing that could go better is, if you kept your eye movements less wide, because I am having a hard time tracking them. I really appreciate how present you are during this process!”*

Let’s practice!

Provide Positive Feedback

Provide Corrective Feedback

Provide Positive Feedback
