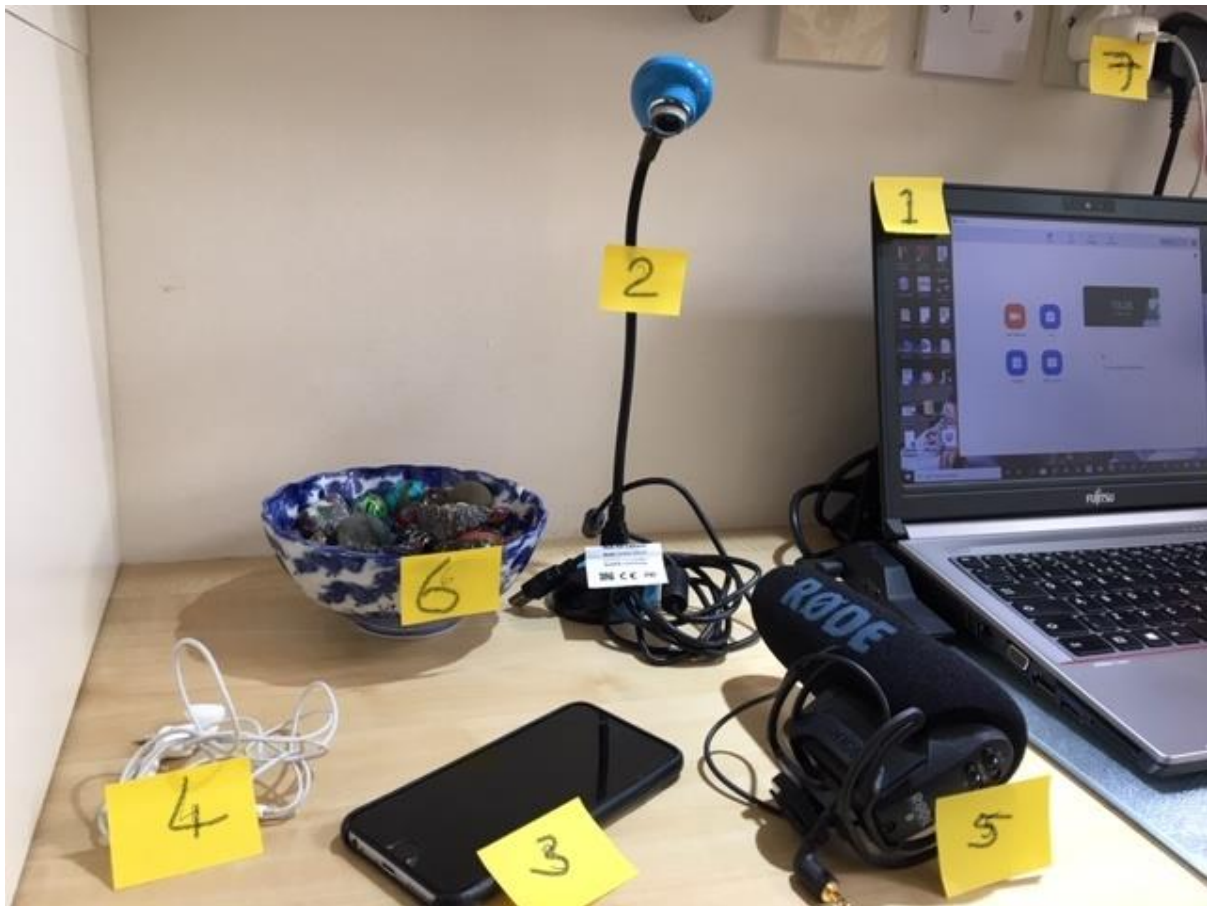


What you need to run an online PBSP group

This is a simple basic list for the person who has basic technological capabilities. If your skills are less than this, these notes will overwhelm you, so avoid them!

If your skills are greater than this, these notes will probably make you laugh...



1. Computer with access to Zoom Professional (or similar; the free version of Zoom cuts out after 40 minutes if more than two people are on the call).
2. Separate, flexible-arm camera to plug into your PC's USB port if you need to run a Holes in Roles movie during the session.
3. Smartphone (or another additional device). N.B. This device needs to have access to a second email address for you – i.e. an email address additional to the one from which you will send the invitation to the meeting (see 1, 3 and 4 below)
4. Earbuds to insert in PC's audio port in case sound from any of the group participants is too faint to hear with your PC speakers.
5. Optional: microphone to insert into your PC's microphone port. [Using my PC's internal microphone, my voice at participants' end sounds faint and "tinny," so for all online work I now I use this microphone which is one I use when an external mic is needed for my video recorder. If your PC has a better mic than mine you don't need an external mic].
6. Collection of small objects for client to choose from when you are doing a Holes in Roles movie (I ask clients to have placeholders and the 'Stage' for placeholders at their end)

7. Accessible charger for phone and laptop, so there is no risk of not enough charge for the session.

Method

1. Schedule your Zoom meeting from your PC and send an invitation to all the participants. Send an invitation to yourself at a second email address (i.e. not the one from which you have sent the invitation).
2. Just before the meeting, plug in your additional microphone and switch it on [see above – you might not need to do this, but I do].
3. Start the meeting on your PC as usual. Join the meeting from the link in your alternative email address on your phone or other device. [You need this second device – phone etc – in case of doing a Holes in Roles movie, as the flexible camera will be using the Zoom window of your PC.]
4. At this point it will just be you in the meeting, from your PC. You'll have to "Admit" yourself, joining on your phone, from the Waiting Room. Then you will see a 2nd window showing for you from the alternative email address in your phone.
5. Check the visuals on your phone/alternative device: its purpose is so participants will still be able to see you, the therapist, if you later use your PC to do a Holes in Roles movie. [I prop my phone against the edge of my laptop, so it will give a similar view of me to the one that the group participants will see from their devices.]
6. Now switch off the audio and video function on the phone, so it just shows your name. Switch off sound on your phone too or you will get intrusive echo / feedback. You don't need any sound on your phone, as you will be using the sound from your PC. You will only need to press 'video' on your phone (to show yourself in that window) if you're going to do a Holes in Roles movie.
7. It's now time for the group meeting. Keep the Participants window open so you can Admit each group member from the Waiting Room. It may take 10 minutes at the beginning to get everybody present with their video and audio enabled. They then need to mute their microphones unless they are speaking.
8. It's movie time! Press video on your phone so that you are now visible to participants on that device. Plug the flexible camera into your PC's USB port. Hold the bowl of objects into the view of this camera: all participants will see what shows up in that window. Say to the client "Pick an object to represent your mother as a little girl, and two ideal parents for her."
9. Choreograph the movie in the classical way.
10. When you are finished with the movie/movies, unplug flexible camera. The original view of you will replace "the movie screen" and you can now turn off video on your phone and return to your image in the PC view.

A

Zoom window view of H in R movie – this is what the client creates, with therapist running the movie



B

Photograph of the H in R movie taken before movie was deroled.



NB: Thanks to Tom Corbishley (UK) who pioneered the use of a flexible camera for H in R movies.