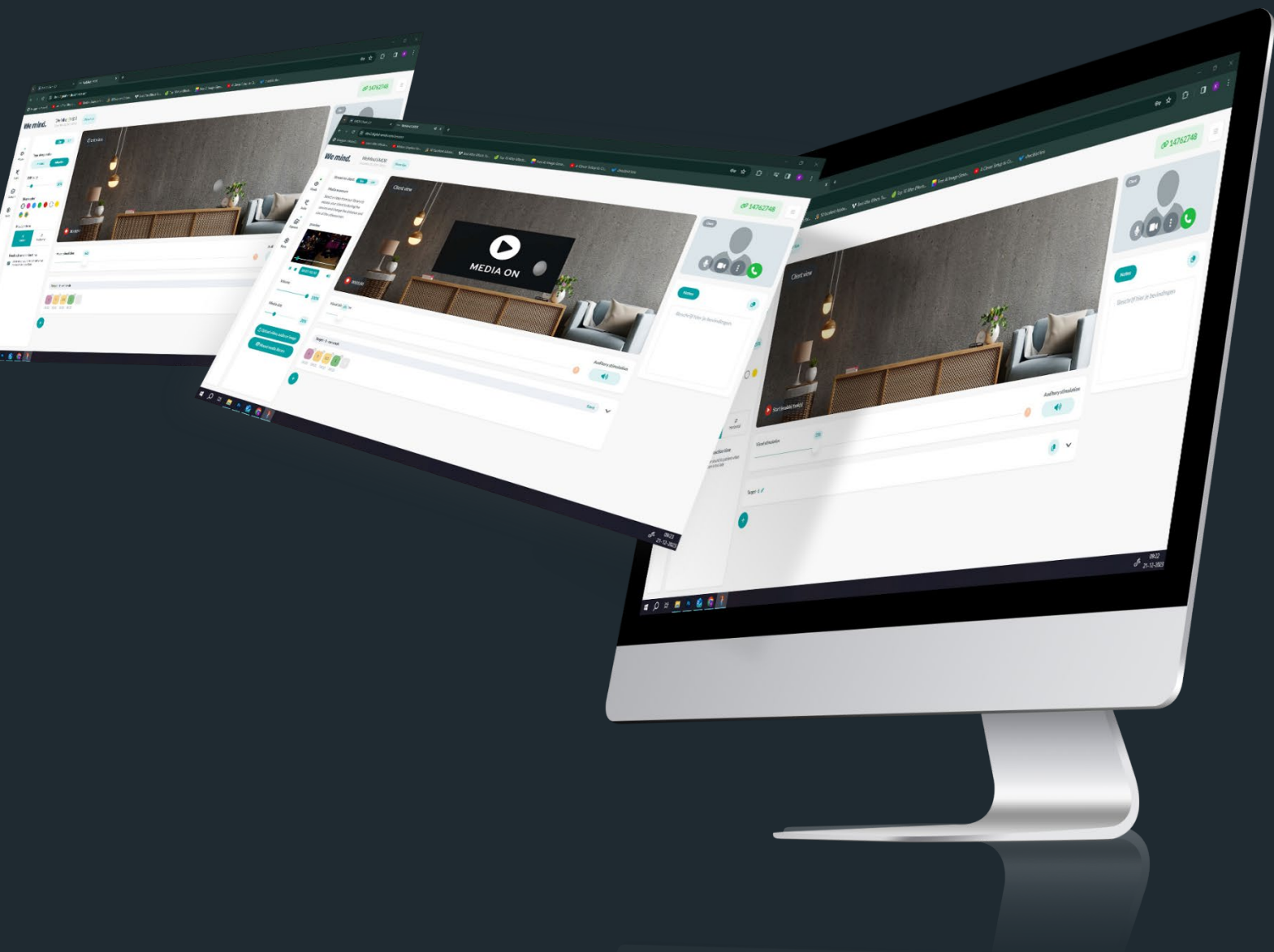




Why Artificial Intelligence (AI) in combination with EMDR?



Why was AI added to WeMind?

With the introduction of AI (artificial intelligence) into many areas of our lives, it is only natural that it has found its way into EMDR treatment. For the EMDR clinician, one of the most challenging aspects of treatment is managing the client's window of tolerance. Especially for complex clients, maintaining present awareness and minimizing dissociation is critical for safe, effective, and efficient processing. Research has shown that effective processing occurs when clients maintain present orientation and tax their working memory by creating dual attention stimulation. With AI learning what the client is doing and adjusting itself to optimize the working memory taxation for every client at any moment it frees up the clinician to focus on the client to ensure effective processing.



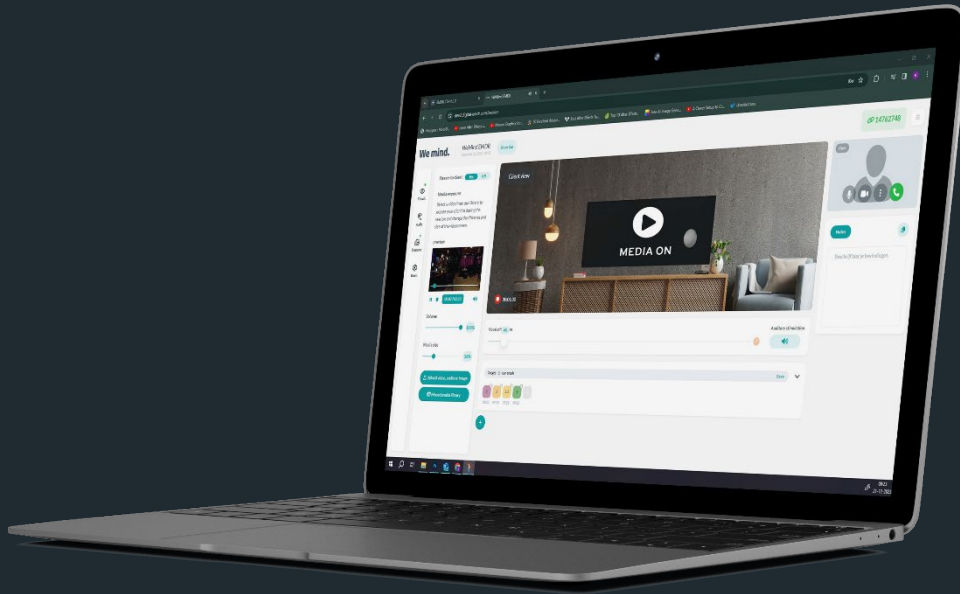
How does the AI optimize working memory taxation?

The AI tracks the reaction times of the client to the individual tasks. Based on the reaction times it is learning if the difficulty of the task should be increased or decreased. By automating this response for the visual task and the audio task the working memory load is always optimally taxed, leading to better treatment outcomes.



What is the effect of AI on working memory taxation?

Studies with Maastricht University and the University of Twente showed that the working memory taxation increased by 296%. WeMind can tax the working memory to a much higher extent, but also optimize the maximum level for each client. Which leads to better results.



What is the effectiveness of AI compared to traditional EMDR therapy?

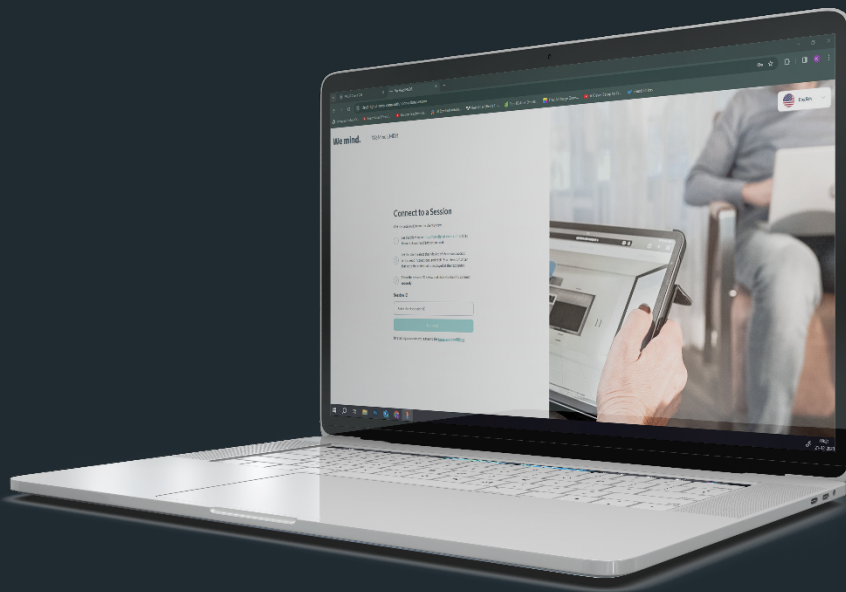
When compared to manual EMDR therapy with the Lightbar, study results have shown that sessions take 23% less time and the SUD drops 49% faster. On average for SUD to drop to 0 takes 42 minutes with the lightbar and only 21 minutes with WeMind. Leading to the possibility of regularly treating multiple targets within one session, while also saving 14 minutes on the total duration of the session.



Do users prefer working with AI?

The users experience WeMind as a game-changer, which frees them up to focus on the clients' body language, save their energy and give them better results. In fact, in 85% of all sessions, the manual option in WeMind was never even used. While in the other 15%, there was only a short amount of time where the manual working memory taxation was used.

Add that to the improved treatment outcomes they are having and nobody is thinking of switching back to manual or traditional EMDR. Leading to 97% of users that rate WeMind with an 8 or higher.



How do clients experience treatment with WeMind and AI?

Of clients that have gone through both traditional EMDR and had sessions with WeMind, 86% of clients preferred using WeMind. So of course a digital tool is not for everyone, but the vast majority of clients have a strong preference for WeMind.



Watch the video explanation about WeMind by Tjeu Theunissen

<https://youtu.be/2N-r3E8s2fE>

Watch Therapist Succes Stories

https://www.youtube.com/watch?v=zc6K_3E5P44
https://www.youtube.com/watch?v=XWxsU0i_r2M
<https://www.youtube.com/watch?v=Gbm2vmpfVko>
https://www.youtube.com/watch?v=xlBPiy_ztAQ
<https://www.youtube.com/watch?v=gRa7NFVCjSM>
<https://www.youtube.com/watch?v=1a4p5cpdUZo>
<https://www.youtube.com/watch?v=XBdv6DBQuh8>
<https://www.youtube.com/watch?v=o5iKcSZTsNw>

