

**Brief Guide to Recording EFT Sessions**  
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**Recommended cameras:**

There are many inexpensive cameras you can use to record sessions. The 2 cameras below have the following technology components that make it good for our purpose:

- 1) internal microphone is excellent
- 2) camera uses SD card which is easily carried for supervision or transfer of files to your computer or external hard drive

**Cannon VIXIA HF R500**

[http://www.amazon.com/Canon-VIXIA-Digital-Camcorder-Black/dp/B00HLDFTRS/ref=sr\\_1\\_1?ie=UTF8&qid=1422826876&sr=8-1&keywords=cannon+vixia](http://www.amazon.com/Canon-VIXIA-Digital-Camcorder-Black/dp/B00HLDFTRS/ref=sr_1_1?ie=UTF8&qid=1422826876&sr=8-1&keywords=cannon+vixia)

**Samsung HMX-F90**

[http://www.amazon.com/Samsung-Black-Camcorder-Screen-Recording/dp/B00BB4UKOK/ref=sr\\_1\\_1?ie=UTF8&qid=1400248208&sr=8-1&keywords=Samsung+HMX-F90](http://www.amazon.com/Samsung-Black-Camcorder-Screen-Recording/dp/B00BB4UKOK/ref=sr_1_1?ie=UTF8&qid=1400248208&sr=8-1&keywords=Samsung+HMX-F90)

**Accessories:**

- Tripod.

There are many options on Amazon or B&H. Here is one example:

[http://www.amazon.com/AmazonBasics-WT0352G-Lightweight-Mini-Tripod/dp/B00M78G2VO/ref=sr\\_1\\_10?ie=UTF8&qid=1422827152&sr=8-10&keywords=video+camera+small+tripod](http://www.amazon.com/AmazonBasics-WT0352G-Lightweight-Mini-Tripod/dp/B00M78G2VO/ref=sr_1_10?ie=UTF8&qid=1422827152&sr=8-10&keywords=video+camera+small+tripod)

- Large Capacity SD card

I recommend buying an SD card of a well-known and established company, such as SanDisk. 32-64GB can fit many videos so you don't have to move or delete recordings frequently.

[http://www.amazon.com/SanDisk-SDSDRH-064G-A11-64GB-ULTRA-SDXC/dp/B003FVG3PC/ref=sr\\_1\\_12?ie=UTF8&qid=1422827449&sr=8-12&keywords=scandisk+Ultra+SDXC+64GB](http://www.amazon.com/SanDisk-SDSDRH-064G-A11-64GB-ULTRA-SDXC/dp/B003FVG3PC/ref=sr_1_12?ie=UTF8&qid=1422827449&sr=8-12&keywords=scandisk+Ultra+SDXC+64GB)

- External hard drive

If you are not sure how many videos you are planning to store, I recommend getting a larger external hard drive, 500GB-1TB. Glyph is a company known for high quality external drives that rarely malfunction.

**Set up and use:**

- Always record using power cord rather than battery.
- When setting up a camera, choose the video format that will record lowest quality but will create smaller size files. Each camera has different set up so you would need to follow the manual or get help from someone who is more knowledgeable (like you kids ;-)
- Regularly transfer recordings from the SD card to an external hard drive.
- When you transferred the recordings, **FORMAT your SD card**. Even if you delete your files from SD card, oftentimes the card still thinks that the files are there. When that happens, your camera will say that the card is full and won't record your session. To format your card, follow the instructions in your camera.

### **Other recording options**

- Iphone or Ipad:

You can record with your iphone or ipad. If you do, it is important to quickly sync your phone/ipad to your laptop and transfer the recording as it would take much space in your phone/ipad.

Here is a link to great instructional video by an EFT trainer, Sam Jinich:

<https://www.youtube.com/watch?v=HdsDWMb4a9U>

- Laptop:

You can also record with your laptop. If you have a mac, you can use Photobooth software or iMovie. When you press record, remember to darken the screen so it doesn't distract the couple. One issue with laptops is that the sound quality suffers, as laptop's internal microphones are not very strong. Here is an external microphone recommended for laptops:

- Samson Go Mic Portable USB Condenser Microphone

[http://www.amazon.com/dp/B001R76D42/ref=as\\_sl\\_pd\\_tf\\_lc?tag=emotifocusthe-20&camp=14573&creative=327641&linkCode=as1&creativeASIN=B001R76D42&adid=1YT1HJKZ6NFWJGBJSBM8&&ref-refURL=http%3A%2F%2Fwww.rebeccajorgensen.com%2Ftechnological-recomendations%2F](http://www.amazon.com/dp/B001R76D42/ref=as_sl_pd_tf_lc?tag=emotifocusthe-20&camp=14573&creative=327641&linkCode=as1&creativeASIN=B001R76D42&adid=1YT1HJKZ6NFWJGBJSBM8&&ref-refURL=http%3A%2F%2Fwww.rebeccajorgensen.com%2Ftechnological-recomendations%2F)

### **Confidentiality**

Please be thoughtful about storage and safety of your videos. Always keep them locked or password protected. When no longer needed, "safe erase" them from your computers or external hard drives.

**Password protection for SD card (thank you, Ben Medley)**

To protect your SD card with a password for commuting to supervision, see the link below to a youtube video. One thing to note: once it is password protected, your camera is going to want to reformat the disk each time you put it in the camera which will erase the videos on it and remove the password. What you can do is to have one 16 SD card that you use to transport videos to and from offices that is password protected. You can move the videos to your computer with the recording SD card and then put the video you want to use onto your password protected card.

<https://www.youtube.com/watch?v=CxrbS6yf9GE>