

Informed Consent: EMDR

EMDR, Eye Movement Desensitization & Reprocessing, is a late-stage trauma resolution modality that currently has more scientific research as a treatment for trauma than any other non-pharmaceutical intervention. Based on empirical evidence, as well as thousands of client and clinician testimonials, EMDR has proven an efficacious and rapid method of reprocessing traumatic material. It appears to assist in processing of traumatic information, resulting in enhanced integration-and a more adaptive perspective of the traumatic material.

During a reprocessing session, it is not uncommon for suppressed, repressed and/or previously forgotten material to surface, as that associated material may be linked to the target memory. As discussed, traumatic memories-including all associated memory networks-may or may not be historically accurate. In other words, *memory is imperfect and subject to various forms of contamination*. Some clients will experience traumatic information vividly, and therefore assume that it must be factual, however, without outside corroboration, one can never positively differentiate between memories that are accurate and memories that are distorted.

Regarding the trauma modality, EMDR, I have been advised of that:

- Those with limiting or medical conditions should consult their medical professionals before participating in this therapeutic modality.
- Due to the stress related to the activation traumatic material, pregnant women should postpone reprocessing.
- If testimony is required in a legal case, be sure to discuss all aspects and possible ramifications of EMDR with your therapist.
- It is possible for distressing, unresolved memories to surface during or after an EMDR session.
- During EMDR, high level of emotions and/or body sensations may occur. I am confident that my therapist and I can handle whatever may surface.
- After the reprocessing session, I may continue to process the information. I may have dreams, memories, flashbacks, feelings, etc.
- I have an explicit crisis plan in place and will refer to it if the need should arise.
- Before I leave my EMDR session, I will have a predetermined date and time for a follow-up session with my therapist.
- Before initiating EMDR treatment, I have thoroughly considered the above information, as well as any other professional opinions/advice that I deemed necessary.

With my signature below, I hereby consent to receiving EMDR treatment.

Client Signature: _____

Date: ____/____/____