

Consent for EMDR Treatment

Eye Movement Desensitization and Reprocessing (EMDR) methodology is a form of adaptive information processing which may help the brain unblock maladaptive material. EMDR also employs the use of bilateral stimulation via eye movements or a light bar.

With EMDR-specific treatment, the following may also occur:

- (1) Distressing unresolved or repressed memories may surface through the use of the EMDR procedure.
- (2) Some clients experience reactions during the treatment sessions that neither they nor the administering clinician may have anticipated, including but not limited to, high level of emotional or physical sensations. Subsequent to the treatment session, the processing of incidents and/or material may continue and dreams, memories, flashbacks, feelings. etc., may surface.
- (3) Those with limiting or special medical conditions (pregnancy, heart condition, ocular difficulties, etc.) should consult their medical professionals before participating in this therapeutic method.

For some people, this method may result in sharper memory; for others fuzzier memory following the treatment. Therefore, if you are involved in a legal case and need to testify, please discuss this with your therapist.

Before commencing EMDR treatment, I have considered all of the above and I have obtained whatever additional input and/or professional advice I deemed necessary or appropriate.

By my signature below, I hereby consent to participating in EMDR treatment and acknowledge the potential that brief unpleasant or unexpected effects may arise from my experience. I also understand that I may stop treatment at any time before or during any EMDR session and that more than one EMDR session is usually necessary in the treatment.

Client signature

Therapist Signature