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Informed Consent for EMDR

This form provides you, the client, with information that is additional to that detailed in the Notice of Privacy Practices and the Informed Consent for Psychotherapy, and it is subject to HIPPA preemptive analysis. Please initial where indicate only if you have read and consent to the material.

Eye Movement Desensitization & Reprocessing (EMDR) is a particular form of psychotherapy that utilizes bilateral stimulation (BLS), defined as tapping, auditory tones, or eye movements, to accelerate the brain's capacity to process and heal. BLS, which occurs naturally during Rapid Eye Movement (REM) or dream sleep, seems to allow the mind to work more effectively to reintegrate memories and to explore, grow, and heal emotionally. Some clients experience relief or positive effects in just a few sessions and others may need more sessions. EMDR can be effective in alleviating trauma-related symptoms, whether the traumatic event occurred many years ago or yesterday, with little talking, without using drugs, and requiring no homework between sessions except to fill out a TICES log (a sheet to record any disturbance that might occur in between sessions).

Research has demonstrated that EMDR is effective for the treatment of Post Traumatic Stress, phobias, panic attacks, anxiety disorders, stress, sexual and physical abuse, disturbing memories, complicated grief, and chronic pain.

The possible benefits of EMDR treatment include the following:

- ❖ The memory or event is remembered, but you are no longer feel disturbed by the thoughts and images, painful emotions, and physical sensations in the present.

EMDR helps the brain to integrate the memory or event and store it in a more appropriate place in the brain. The client's brain reintegrates the memory or event and is the one that does the healing.

The possible risks of EMDR treatment include the following:

- ❖ Reprocessing a memory or event may bring up associated memories. This is normal and those memories will also be reprocessed either within the existing memory that is being worked on or separately if needed.
- ❖ During EMDR, you may experience thoughts and/or retrieve images, emotions, body sensations, sounds, smells, etc. associated with the memory or event.
- ❖ Reprocessing of the memory or event may continue after the end of the formal therapy session. Other memories, flashbacks, feelings, and body sensations may occur. You may also have dreams associated with the memory. Frequently the brain can process these additional memories without help, but you will be given a TICES sheet to record any triggers that might occur in between sessions and arrangements for assistance will be made in a timely manner if the client expresses difficulty coping.

As with any other therapeutic approach, reprocessing traumatic memories can be uncomfortable, therefore some people won't like or won't be able to tolerate EMDR treatment well. Others may need more preparation which will be done collaboratively with the therapist before processing traumatic events using EMDR.

- ❖ There is no known adverse effect for interrupting EMDR therapy, therefore, you can discontinue treatment at any time if it ends up not being a good therapy for you.
- ❖ Alternative therapeutic approaches may include individual or group therapy, medication, or a different psychotherapy modality on an individual basis.

The client must:

- ❖ Be able to tolerate high levels of emotional disturbance, have the ability to reprocess associated memories resulting from EMDR therapy, and to use self-control and relaxation techniques such as calm place and container. (These and other stress management exercises will be taught before EMDR reprocessing begins).
- ❖ Disclose to me and consult with your physician before EMDR therapy if you have a history of current eye problems, a diagnosed heart disease, elevated blood pressure, or are at risk for or have a history of stroke, heart attack, seizure or other limiting medical conditions that may put you at medical risk. Pregnant women should consult with their physician. Due to the stress related to reprocessing some traumatic events, postponing may be appropriate in some cases.
- ❖ Inform me if you wear contact lenses and remove them if they impede eye movements due to irritation or eye dryness. I will discontinue BLS if you report eye pain and other forms of BLS (tapping, pulsars, tones) can be substituted, if appropriate.

- ❖ Before participating in EMDR, discuss with me all aspects of an upcoming legal case where testimony is required. You may need to postpone EMDR treatment if you are the victim or witness to a crime that is being prosecuted because the traumatic material processed using EMDR may fade, blur, or disappear and your testimony may be challenged.
- ❖ Consult with your medical doctor before utilizing medication. Some medications may reduce the effectiveness of EMDR, for example, benzodiazepines may reduce effectiveness possibly due to state-dependent processing and/or regression may occur after ceasing antidepressants.
- ❖ EMDR is contraindicated with recent cocaine dependence, long term amphetamine abuse, seizures, and/or other neurological conditions.
- ❖ Discuss with me any dissociative disorders with little treatment progress. EMDR may trigger these symptoms but may also be helpful in attempting to resolve them.

I have read and understand the possible outcomes of EMDR listed above and understand that I can end EMDR therapy at any time. I agree to participate in EMDR therapy, and I assume any risks involved in such participation.

Name (Printed) _____

Signature _____ Date _____