

Informed Consent: EMDR

Eye Movement Desensitization and Reprocessing, EMDR is a late-state trauma resolution modality that has been researched as a treatment of trauma. 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.

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. Traumatic memories, including all associated memory networks, may or may not be historically accurate. Memory is often imperfect and subject to various forms of contamination. Some clients will experience traumatic information vividly, and assume that it is factual, however without outside corroboration, one can never positively differentiate between memories that are accurate or distorted.

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

1. Those with limiting or medical conditions should consult their physician before participating in this modality.
2. Due to the stress related to activation of traumatic material, pregnant women should postpone reprocessing.
3. If legal testimony is upcoming, be sure to discuss all aspects of the case with your clinician before participating in EMDR.
4. It is possible that unresolved or distressing memories may surface during or after EMDR
5. High level of emotions and or body sensations may occur. I am comfortable moving forward with EMDR knowing this.
6. I understand that after the reprocessing session, I may continue to process additional information, and I am prepared for this.
7. I will call my therapist or utilize a pre-determined plan if the need should arise.
8. I will follow up with my therapist to complete unresolved trauma material.

I have sought out professional information and advice and considered the above information prior to beginning EMDR.

Client Signature _____ Date _____