

# My Holistic Self® Counselling

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## CONSULTATION REGARDING EYE OR BRAIN RELATED CONTRAINDICATIONS FOR OEI<sup>1</sup>

The following individual is requesting treatment with Observed & Experiential Integration (OEI), a new eye-related treatment for psychological trauma & dissociation. Since he has disclosed an unusual eye-related condition (see below), your permission for him to engage in this therapy is hereby requested.

OEI treatment involves the following eye-related activities:

- Tracking a visual stimulus in various directions (vertically, horizontally, in circular patterns, etc.);
- Tracking a visual stimulus as it is moved toward and away from the eyes (no closer than 7-8 cm);
- Alternately covering the L and R eyes and having clients track into the extreme lateral visual fields;
- Having clients track a moving object (usually therapists fingers) above the head & below the chin;
- Sometimes these movements are performed quite slowly and at other times quite rapidly.

\_\_\_\_\_ is requesting permission to participate in the  
above-referenced (Patient Name)

OEI activities for the purpose of treating symptoms which may be associated with psychological trauma. Please sign below, and indicate whether you do, or do not, approve of the above-referenced patient participating in these eye-related activities, in light of his/her eye-related condition (check box below).

I, \_\_\_\_\_, Approve / Disapprove the above.  
(Physician Name – Please Print)

\_\_\_\_\_  
(Physician Signature)

\_\_\_\_\_  
(Date)

<sup>1</sup> OEI = “Observed & Experiential Integration”. For information regarding OEI, including descriptions of techniques, theory, & case examples, see Bradshaw, R. A., Cook, A., & McDonald, M. J. (2011). Observed & experiential integration (OEI): Discovery and development of a new set of trauma therapy techniques. *Journal of Psychotherapy Integration*, 21(2), 104-171.