JULIE TROSIN, LMFT, LMFT78612

www.julietrosinmft.com (408) 718-7405

Informed Consent to Brainspotting/EMDR Treatment

Please **initial and complete** all of the sections indicating that you have <u>read</u>, <u>understood</u>, and <u>agree</u> to the following informed consent for Brainspotting and/or EMDR treatment contract. Please visit my website at www.julietrosinmft.com or contact me at (408)718-7405 if you have any questions!

Brainspotting (BSP) and Eye Movement Desensitization Reprocessing (EMDR) are neurophysiological treatment methods that treat mental health issues from the core. EMDR was founded by Fracine Shapiro in the 1980's and follows a specific protocol with 8 stages using bilateral stimulation, whether visual, audio or tactile. Brainspotting was founded by David Grand in 2003, using a more flexible protocol focusing on a fixed gaze position and defined in part by an attuned relationship. Grand discovered what is now called brainspotting while doing EMDR and the client experienced profound therapeutic healing after focusing on a fixed eve position. Bilateral stimulation (used in both) occurs naturally during REM (Rapid Eye Movement) or dream sleep or anytime we use left and right sides of the brain/body, and causes the two hemispheres of the brain to work together to reintegrate memories and experiences. Both methods are scientifically-backed, and as opposed to traditional talk therapy, access a deeper part of the brain. Because trauma is stored in our bodies and brains, we need to access and process from that place. By identifying, processing, and releasing core neurophysiological sources of emotional and body pain, trauma, phobias, complicated grief, dissociation, anxiety and many other symptoms, brainspotting and EMDR work with the deep brain and body to access the autonomic and limbic systems within the body's central nervous system. In other words, they organically tap into our brain and body's natural capacity to heal. The brain is already primed to do what it knows how to do- heal and create new neuropathways to healing, producing sometimes subtle and sometimes profound psychological, emotional, and physical changes. For more information about either of these life-changing modalities, you can check out www.brainspotting.com and www.emdria.org.

Telehealth:

My practice currently offers telehealth services exclusively, using phone or Doxy.me video (encrypted and secure) sessions. Please note that legally to be my client, you must physically be in the state of California where I am licensed and clinically appropriate for telehealth outpatient services. For instance, telehealth may not be appropriate for clients who are in severe crisis or need a higher level of care and/or therapeutic containment/safety to best meet their needs. If this is the case, or later becomes apparent during the course of treatment, we can discuss appropriate referrals and resources. With telehealth, there can be fewer guarantees of privacy/confidentiality/limited distractions due to a variety of circumstances as well as transmission/technical difficulties (glitches, video freezing, internet connection, etc.). It is the client's responsibility to find a safe, secure and private location to have their therapy session, meaning no one can hear or see the screen of any part of your session. Recording sessions is not permitted by either party. A session will be terminated (still charged) and rescheduled for a later time if a client is under the influence of any substance (drugs, alcohol, prescription medication, etc.) and/or not able to constructively participate at the time of their appointment. To indicate that you have read/understood the above and consent to the use of telehealth, please initial:

Emergencies:

It is encouraged to reserve discussing issues that arise between sessions for the next scheduled appointment time, request an earlier available appointment, use resources you have and to reach out to your support system. While you are free to message me at any time, because I cannot be available 24/7, my practice is not set up to respond to crisis emergencies or any other urgent matters. I will make every effort to respond within 24 hours or as soon as I am able, generally excluding holidays and weekends. In the case of an emergency or safety concern, or if you require immediate medical or psychiatric assistance, please call 911 or go to the nearest emergency room as well as activate your support system. In a crisis, you may also call the Sacramento County Mental Health Crisis Services at (916)875-1000, 24/7 Suicide Prevention at (916)368-3111 or by dialing 988 or text HOME to 741741 (24/7 Crisis Text Line, www.crisistextline.org). Please familiarize yourself with the resources in your particular area.

JULIE TROSIN, LMFT, LMFT78612

www.julietrosinmft.com (408) 718-7405

Clients understand it is their responsibility that if they have any medical/physical/health conditions and concerns, such as seizures, heart disease, high risk for a stroke, or other neurological conditions that may impact the process of therapy, they will address them with me *and* their physician prior to beginning BSP/EMDR/trauma treatment. A medical/physical examination may be beneficial and recommended prior to commencing treatment, as symptoms may be biologically caused or may be there for a protective reason. If wearing contact lenses, they can be removed if they impede eye movements due to irritation or eye dryness. Some medications may reduce the effectiveness of these treatments, such as benzodiazepines. Clients with a diagnosis of moderate to severe Substance Use Disorder must be abstinent for a minimum of 90 days and engaged in a recovery program before the commencement of treatment. Emergency contacts ("safety support persons") are also authorized to be contacted if there are ever any relevant concerns about your safety and/or your ability to keep others safe and I am unable to get ahold of you within 24 hours (ie. if you miss or are unavailable for a scheduled appointment without communication). In the event of any relevant safety concern, please complete below who you consent to have contacted, as appropriate:

Emergency Contact Phone# Relationship

Alternative Contact	Phone# _	Re	lationship
Risks & Benefits of Brainspotting/EMDR Therapy: Working through reprocessing difficult memories or struggles can bring up temporary uncomfortable physical/emotional experiences, and processing may continue for several days after a BSP/EMDR session. Other memories, flashbacks, feelings and sensations may occur. Reprocessing a memory may bring up associated memories that will also be reprocessed. This is normal and the brain's way of continuing to process material and heal. Often growth cannot occur until we experience and confront issues that at times bring up feelings of sadness, grief, anger, insecurity, fear, anxiety or pain, or transitions in lifestyle or relationships. Sometimes we may learn or understand things about ourselves/others or feel things that are uncomfortable. BSP and EMDR have been shown to reduce the intensity of emotional and physical triggers from upsetting experiences/memories. After processing, the memory is remembered but the painful or difficult emotions and physical sensations and disturbing images and thoughts are no longer present. The brain reintegrates the memory and does the work of healing, which translates to the body also. It can be helpful to schedule treatment sessions thoughtfully when you have the ability to postpone a demanding work schedule or other responsibilities immediately following your session. Treatment may result in a number of benefits, including, but not limited to, reduced stress, anxiety, depression, shame, negative thoughts and self-sabotaging behaviors, improved self-awareness and relationships, increased capacity for intimacy, and increased self-confidence. However, due to the uniqueness of each client and other factors, there is no guarantee that therapy will yield any or all of the benefits listed above or particular outcomes nor can the length of your therapy treatment be predicted. In most cases, treatment brings about positive and meaningful changes in clients' lives. Successful therapy requires meaningful effort, and that one takes a willing, honest			
"I have thoroughly read and understand the above policies and information in their entirety, and I agree to fully comply with them. I understand the possible outcomes and risks of Brainspotting and EMDR listed above and understand I can end BSP/EMDR therapy at any time. I hereby seek and consent to take part in Brainspotting and/or EMDR treatment provided by Julie Trosin, LMFT."			
Signature(s):		Da	te:
CLIENT'S SIGNA	TURE		
PRINT CLIENT'S I	NAME		
Therapist/Witness Signature			ate:
JULIE 1	rosin, LMF	 	
Informed Consent for BSP/EMDR (12/2022)			