**Condensed/Intensive Work: Special Considerations**

EMDR is a type of work that can be done in a “condensed” format – it is possible to have (up to) daily sessions. Two well-known EMDR practitioners that do “condensed work” are Tal Croitoru (Israel) and Ad DeJong (Netherlands). But this work is special and you need to think carefully before committing to this work. The following is a “list of things to think about”:

1. The work can be very physically and emotionally tiring – it will be important for you to be staying in an environment that is supportive and nurturing. It will be important for you to make an extra commitment to heating healthy food, drinking lots of water and getting exercise between sessions. Alcohol consumption is not recommended. These steps all improve your body’s capacity to cope with the demands of the work.
2. Know that I will do the best I can to screen you for dissociation before starting EMDR. If you have dissociative symptoms we will not be able to use “standard EMDR” but will have to combine it with another type of therapy (Ego State Therapy) – in this event the work is likely to be longer-term.
3. It is impossible for me to know in advance how many EMDR sessions it will take to resolve an issue – this is because some clients process incidents in an issue in a matter of minutes while others take several sessions to clear one “target/incident/memory”.

**For Clients Who are travelling from out of town/province**:

1. It is important that you are staying in a supportive location. In the past “long distance clients” often stay with family or friends while in Taber. In this case I will be asking that you sign a consent form that will allow me to speak with at least one person at the home where you are staying. This is so that if concerns arise about your safety during the course of treatment that I have someone that can help monitor your wellness.
2. In “regular” therapy there professionals are reluctance to communicate by electronic means. Email, texting and phone conversations are kept to a minimum. This is primarily because there is risk of the contacts being “hacked” and your confidential information not remaining as private as we want it to be. In my experience, working with clients from a distance has led to more communication occurring via technology. My clients are often far more comfortable with technology than I am and often are unconcerned. Please know that I still have a professional obligation to all that I can to conduct as much of the business “face to face” as possible.
3. If you are coming from outside of Alberta: Please know that I am registered with the Alberta College of Social Workers (contact #: 1-800-661-3089). I can therefore only provide professional services within Alberta. Once you return to your home province I will not be able to do telephone sessions.

Client Consent: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.