



ACKNOWLEDGMENT AND CONSENT FOR EMDR

I have been advised and understand Eye Movement Desensitization and Reprocessing (EMDR) is a treatment approach that has been widely validated by research only with Post Traumatic Stress Disorder (PTSD). EMDR is a late-stage trauma resolution modality that currently has more scientific research for treatment of trauma than any other non-pharmaceutical intervention. EMDR has proven to be an efficacious and rapid method of reprocessing traumatic material. It is important to recognize this treatment does not remove memories – it removes the negative emotions that have become associated with particular traumatic events.

I have also been specifically advised on the following:

- Distressing, unresolved memories may surface throughout the use of the EMDR protocol. Some clients have experienced reactions during the treatment that they, nor the administering clinician may have anticipated, including a high level of emotion or physical sensations. There are times when clients have reported experiencing similar emotions and body sensations that occurred during the original traumatic event.
- Those with limiting or special medical conditions (seizure conditions, pregnancy, heart conditions, eye conditions, etc.) should consult a medical professional before participating in EMDR treatment.
- Due to the stress related to the activation of the traumatic material, pregnant women should postpone engaging in EMDR.
- If testimony is required in a legal case, be sure to discuss all aspects and possible ramifications of EMDR with your clinician. You may want to speak with your attorney regarding the decision to engage in EMDR treatment.
- If you are predisposed to alcohol or drug use, the urge to use these substances to relax may intensify. It is essential you discuss your substance abuse history with the clinician prior to engaging in EMDR treatment.
- After the reprocessing session, the processing of incidents/material may continue and other dreams, memories, flashbacks, and feelings may surface. If this happens, write them down and bring them to the next session.
- Before you leave the EMDR session, you will have a future appointment scheduled with the clinician.
- You will develop a specific crisis plan with your clinician to manage any potential negative side effects caused by reprocessing traumatic material.

Before initiating EMDR treatment, I have thoroughly considered all of the above. I have had the opportunity to ask any questions I may have regarding EMDR treatment. By my signature below, I hereby give my informed consent to receive EMDR treatment. My signature on this Acknowledgment and Consent form is free from pressure or influence from any person or entity.

Client Printed Name: _____

Client Signature: _____ Date: _____

Guardian Printed Name: _____

Guardian Signature: _____ Date: _____