

Consent for EMDR

Eye Movement Desensitization Reprocessing (EMDR) is a highly researched and validated form of therapy. It is considered a first choice treatment for Posttraumatic Stress Disorder. EMDR is a therapy that helps people to heal from the symptoms and emotional distress that result from traumatic life experiences. EMDR therapy shows that the mind can in fact heal from psychological trauma much as the body recovers from physical trauma. We look at the trauma as a block from treating the wound. Once the block is removed, the wound can heal. EMDR works by bringing up past trauma (including the disturbing thoughts and feelings about the experience) then the therapist uses bilateral stimulation (eye movements, tapping, vibrations, or tones) to help reduce the vividness of the disturbance. EMDR helps people remember and link positive experiences to the memory to bring healing. EMDR can sometimes bring up memories we did not realize were linked to a specific troubling target. EMDR is not meant to help recall memories. In fact, sometimes we do not remember things accurately. In EMDR we are not here to prove or disprove memories, but rather to help you process them.

Those with any type of medical condition (seizures, pregnancy, heart conditions, eye conditions, etc.) should consult their medical professional before participating in this therapeutic method. Certain medications such as benzodiazepines (Klonopin, Xanax, Ativan, etc.) and narcotics for pain may reduce the effects of EMDR. There must be an emotional discharge (crying, distress at the memory) for processing to occur. Medications that flatten affect or reduce anxiety will likely interfere with the EMDR process. If this applies to you, you should consult your physician.

For some people, this may result in shorter memory, for others fuzzier memory following treatment. If you are involved in a legal case, or have experienced an incident that may result in a legal case and need to testify, please discuss this with your attorney. EMDR may reduce the emotional charge of the incident. You may lose the vividness of the details and your emotional reaction to the incident may decrease. While this would be beneficial to your emotional wellbeing, it may change the tone of your testimony (you may not become tearful on the stand). If this concerns you, you should consult your attorney.

While EMDR has been proven to be very effective for many clients, everybody is different and everybody responds to different treatment protocols differently. Your therapist has recommended EMDR for you because he or she believes that it could be a beneficial treatment for you, however, there are no guarantees as to the success of the treatment and outcomes will vary.

I have also been advised of the following:

- a. Distressing, unresolved memories might surface through the use of EMDR.
- b. Some clients have experienced reactions during treatment that neither they nor their administering clinician many have anticipated, including a high level of emotional or physical sensations. Other clients report sleepiness following the session.
- c. Subsequent to the treatment session, the processing of incidents/material may continue in dreams, memories, flashbacks, etc. If this happens, write them down and bring them to your next session for processing. You may also contact us at: 812-333-8474. Outside of normal business hours, a charge of \$150/hour for crisis help still applies. In an emergency, go to your nearest emergency room.

Client Signature _____

Date _____