
EMDR Consent

I have been advised and understand that:

1. EMDR is an empirically valid treatment for [PTSD](#) and other mental disorders.
2. We still do not know how exactly EMDR works like for any other psychotherapy method. Current speculation is that when a disturbing event occurs that overwhelms one's mind-body, it gets locked in the nervous system frozen in time and space, with the original pictures, feelings, thoughts, sounds, smells. These locked memories can get triggered whenever one is reminded of that past. Most times they stay unconscious and cause a lot of upset, affecting how one may think, feel, or act.
3. EMDR unlocks these memories, and jumpstarts the brain's ability to process, digest, and assimilate these disturbing experiences like it does normally with most experiences.
4. During EMDR processing, most clients re-experience aspects of the original disturbing event to some degree, and some may relive the trauma in all its intensity including the emotions and physical sensations.
5. During EMDR Therapy, other unresolved memories may surface without my intention.
6. After the treatment session, my brain/body may continue to process the disturbing material, and I may experience intrusive thoughts, images, emotions, and body sensations including disturbing dreams.
7. I am advised not to use the eye movements or other forms of bilateral stimulation on my own to process the disturbing material that may come up between the sessions.
8. In all such situations, I understand that I have to make a note of it in my therapy log and put away the disturbing material using container technique and safe/calm place, and any other resource discussed before.
9. I am encouraged to do my own research and understand more about EMDR and seek any additional professional input I may need before starting my EMDR Therapy.
10. I also understand that EMDR may be delivered either in-person or via Telehealth. If I choose to engage in EMDR virtually through Telehealth, I understand there are risks associated with participating in telehealth including technical failures, issues with interruptions, and miscommunication. Just as in-person when you begin to process memories of the disturbing event with EMDR, unpleasant images, emotions, or sensations may come up. If old trauma memories are overwhelming, I understand I can stop the session.
11. At such times, we will utilize your safe place, grounding techniques, and utilize other tools to establish a feeling of safety. If you are unable to obtain a baseline state, I understand it may require you, the client, to reach out to other people and/or the therapist may need to call 9-1-1 for a welfare check.