

Acknowledgement & Consent for Treatment Using EMDR (Eye Movement Desensitization Reprocessing)

I _____ have been advised and understand that EMDR is a treatment approach that has been widely validated by research with Posttraumatic Stress Disorder (PTSD). Research on other applications of EMDR is now in progress. Clinicians have also reported success using EMDR in the treatment of the following conditions:

- Panic Attacks
- Complicated Grief
- Dissociative Disorders
- Disturbing Memories
- Phobias
- Chronic/Physical Pain
- Performance Anxiety
- Anxiety/Stress
- Addictions/Compulsions
- Sexual, Physical, Verbal and/or Emotional Abuse
- Various Traumas/ Toxic Events (Small “t” and Big “T” Traumas)
- Body Dysmorphic Disorder
- Eating Disorders
- Acute Stress Disorder
- Secondary Traumatic Stress
- OCD
- Depression
- Low Self-Esteem, Worthlessness, Intense Guilt/Shame
- Complex PTSD, Attachment Trauma, Developmental Trauma
- Relationship Issues
- Emotional Dysregulation
- Intense Anger/ Rage
- Somatization

About EMDR:

EMDR (Eye Movement Desensitization and Reprocessing) is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences. Repeated studies show that by using EMDR therapy people can experience the benefits of psychotherapy that once took years to make a difference. It is widely assumed that severe emotional pain requires a long time to heal. EMDR therapy shows that the mind can in fact heal from psychological trauma, much as the body recovers from physical trauma. When you cut your hand, your body works to close the wound. If a foreign object or repeated injury irritates the wound, it festers and causes pain. Once the block is removed, healing resumes. EMDR therapy demonstrates that a similar sequence of events occurs with mental processes. The brain's information processing system naturally moves towards mental health. If the system is blocked or imbalanced by the impact of a disturbing event, the emotional wound festers and can cause intense suffering. Once the block is removed, healing resumes. Using the detailed protocols and procedures learned in EMDR training sessions, clinicians help clients activate their natural healing processes.

More than thirty positive controlled outcome studies have been conducted on EMDR therapy. Some of the studies show that 84%-90% of single-trauma victims no longer have post-traumatic stress disorder after only three 90-minute sessions. Another study, funded by the HMO Kaiser Permanente, found that 100% of the single-trauma victims and 77% of multiple trauma victims no longer were diagnosed with PTSD after only six 50-minute sessions. In another study, 77% of combat veterans were free of PTSD in 12 sessions. There has been so much research on EMDR therapy that it is now recognized as an effective form of treatment for trauma and other disturbing experiences by organizations such as the American Psychiatric Association, the World Health Organization and the Department of Defense. Given the worldwide recognition as an effective treatment of trauma, one can easily grasp how EMDR therapy would be effective in treating the “everyday” memories that are the reason people have low self-esteem, feelings of powerlessness, along with all the myriad of problems that bring them in for therapy. Over 100,000 clinicians throughout the world use this therapy. Millions of people have been treated successfully over the past 25 years.

EMDR therapy has eight phases. Eye movements (or other bilateral stimulation) are used during one part of the session. After the clinician has determined which memory to target first, she asks the client to hold different aspects of that event or thought in mind and to use his/her eyes to track the therapist’s hand as it moves back and forth across the client’s field of vision. As this happens, for reasons believed by a Harvard researcher to be connected with the biological mechanisms involved in Rapid Eye Movement (REM) sleep, internal associations arise and the clients begin to process the memory and disturbing feelings. In successful EMDR therapy, the meaning of painful events is transformed on an emotional level. For instance, a rape victim shifts from feeling horror and self-disgust to holding the firm belief that, “I survived it and I am strong.” Unlike talk therapy, the insights clients gain in EMDR therapy result not so much from clinician interpretation, but from the client’s own accelerated intellectual and emotional processes. The net effect is that clients conclude EMDR therapy feeling empowered by the very experiences that once debased them. Their wounds have not just closed; they have *transformed*. As a natural outcome of the EMDR therapeutic process, the clients’ thoughts, feelings and behavior are all robust indicators of emotional health and resolution—all without speaking in detail or doing the extensive amounts of homework used in other therapies.

I have been specifically advised of the following:

- Distressing, unresolved memories may surface through the use of the EMDR procedure.
- Some clients have experienced reactions during the treatment sessions, that neither they nor the administering clinician have anticipated. Such reactions may include a high level of emotion or physical sensations.
- Processing of incidents, or other material, may continue. Dreams, memories, flashbacks or feelings may surface as a result. It may be necessary to check in with the administering clinician between sessions; this can include scheduling an extra session, having a 15-50 minute tele-therapy session, or one by phone. These services carry the same costs as regular therapy sessions. Many insurance companies will pay for tele-therapy, but most will not pay for phone sessions. (Please check with your insurance company.)
- Because processing continues between sessions, it’s recommended that clients carry a small notebook/ journal to write down insights or memories that arise. It’s important to bring these to your sessions.
- Insurance companies only pay for 53-60 minute sessions. Ideally EMDR sessions are 2 hours. Weekly 50 minute sessions are the minimum recommended however 2+ sessions a week is ideal. 75 minute to 1 hour

& 40 minute sessions are available however for clients using insurance, any time over 50-60 minutes will require self-payment. Because of the time limit, and financial issues, clients will often end a session with “unfinished” processing. Using the skills worked on during the Preparation Phase is vital here. (i.e. Container, Calm Space, Grounding, etc.) Most often these unfinished processing sessions will be completed by the next session. The administering clinician will attempt to help ground the client at the end of any unfinished processing sessions. The session will need to end on time. In cases where the client is still highly distressed, wanting to continue that same day, and there is time in the therapist's schedule, payment will be required for the additional 15-50 minutes.

- The length of treatment required varies heavily according to the extent and repetition of the client’s traumatic experiences. However, EMDR treatment with most clients result in a significant decrease in emotional reactivity surrounding traumatic events or triggers, which in the vast majority of cases, is a desired outcome.
- If the event to be treated through EMDR is the subject of a forthcoming court-case, however, clients are strongly advised to delay treatment until court proceedings are complete.
- EMDR treatment is believed to be successful through the bi-lateral stimulation (BLS) of the brain’s right and left hemispheres. The most common form of BLS is eye movement, where the client is asked to follow the moving fingers of the administering clinician. If eye movement is uncomfortable in any way, alternative methods including auditory BLS (alternating tones utilizing head-phones), tapping on the knees (or other preferred body part), or pulses/vibrations through hand-held “buzzers” created specifically for EMDR may be used. At times, multiple forms of BLS are used to produce the most effective shifts. It is vitally important that any physical discomfort that occurs during this procedure – particularly with the eyes – is reported to the clinician immediately.
- Clients often find that they are very sleepy after EMDR processing sessions. It's recommended that processing sessions be scheduled at a time/day when going to work, or having other types of responsibilities, is not required afterwards. Having time for self-care after processing sessions is best.
- Drinking alcohol, and/or using other substances, can interrupt the EMDR healing process. It is best to abstain from substances the day of processing, and, if possible, the week following. For clients who are not willing or able to do this, reducing use is helpful as well.

Before commencing EMDR treatment, I have thoroughly considered all of the above, I have obtained whatever additional input and/or professional advice I deemed necessary or appropriate to having EMDR treatment. By my signature below I hereby consent to receiving EMDR treatment. My signature on this Acknowledgement and Consent is free from pressure or influence from any person or entity.

Patient’s Signature _____

Date _____

Therapist's Signature _____

Date _____