

INFORMED CONSENT FOR EMDR THERAPY

EMDR was developed in the late 1980's and has been extensively researched as a treatment for trauma. The experience with EMDR by researchers and by clinicians using it suggests it can be a very effective tool and that rapid progress may be made with improved processing of traumatic information. It seems in many instances to assist in a different kind of processing of traumatic information with better integration and perspective than other methods studied. It also appears that EMDR treatment could reduce some of the difficult emotional dysregulation (such as intrusive thoughts, nightmares and flashbacks), often associated with anxiety, panic attack, post traumatic stress symptoms, other traumatic experiences, depression and phobias.

It is not unusual for a target memory to be linked to other, unexpected material. It is important to note that traumatic material retrieved in any psychotherapy may or may not be historically accurate and is subject to a variety of contamination as are all memories. EMDR does not, in itself, guarantee the accuracy of the retrieved material but may process information whether it is accurate or not. The only way to actually validate retrieved material as historically accurate would be through independent verification. Individuals have been demonstrated to experience information so vividly that they have complete confidence in it as accurate memory. Psychotherapy and EMDR cannot absolutely differentiate between memories that are accurate, distorted, or false based on reports alone in the absence of corroborating data.

Those with limiting or special medical conditions (seizure conditions, pregnancy, heart conditions, eye conditions, etc.) should consult their medical professionals before participating in this therapeutic method. Certain medications such as benzodiazepines and narcotics for pain may reduce the effects of EMDR. There must be an emotional charge, for example, crying, or other felt distress at the memory of the event) for processing to occur. Medications that flatten affect or reduce all anxiety will likely interfere with the EMDR process. You should consult your psychiatrist or primary care physician if these contraindications to EMDR treatment participation are applicable to your situation.

For some people this method may result in sharper memory following the treatment, and for others, fuzzier memory. 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 me.

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 for your emotional well being, it may change the tone of your testimony (eg. you may not become tearful on the stand). If this concerns you, you should consult with your attorney.

EMDR practitioners have also been advised of the following:

Jennifer Lucas, LMFT

- Distressing, unresolved memories might surface through the use of the EMDR processing.
- Some clients have experienced reactions during the treatment sessions that neither they nor the administering clinician may have anticipated, including a high level of emotion or physical sensations.
- Subsequent to the treatment session, the processing of incidents/material may continue and other dreams, memories, flashbacks and/or feelings may surface. If this happens, write them down in your log or journal and bring them to the next session. Also, I encourage you to call me – or your psychotherapist, if applicable.

AGREEMENT AND ACCEPTANCE:

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

Print Client Name: _____

Signature of Client

Date

WITNESS:

Jennifer Lucas, LMFT

Date