

Eye Movement Desensitization and Reprocessing (EMDR) Therapy

Information and Consent To Treatment

EMDR is an abbreviation for Eye Movement Desensitization and Reprocessing. It is an innovative form of counseling that links many successful elements of a variety of therapeutic approaches in combination with eye movements or other forms of bi-lateral stimulations. The eye movements help to effectively stimulate the brain's Adaptive Information Processing (AIP) system, which may generate significant improvements in a short period of time.

This therapy can help with both the healing of psychological pain and physical discomfort related to trauma, depression, anxiety, self-esteem issues and other life events. It is used to effectively treat both upsetting past events and present life conditions.

Francine Shapiro, Ph.D., developed EMDR in 1987 and to date over 200,000 mental health therapists in 52 countries have been trained.

Your therapist has been trained by an EMDRIA Approved Trainer in EMDR Therapy, and has completed Part I and Part II intensive training, practicum and consultation.

The following has been discussed with me concerning the use of EMDR:

- As a part of preparation for this therapy you will work closely with your therapist to learn and practice specific relaxation techniques.
- Some individuals may experience a high level of emotion or physical sensation.
- Distressing or unresolved memories may surface though the use of EMDR therapy.
- Following the counseling session, the processing of additional incidents/material may continue, or other dreams, flashbacks, memories, feelings, etc. may surface.



- EMDR therapy will help you to desensitize one or more of the following: the image of the event, the negative cognition (belief) about self, your distressing emotions and where in your body you experience physical discomfort related to the memory.
- You may elect to suspend or discontinue the use of EMDR procedures at any time.
- Homework such as journaling, use of progressive relaxation, Safe Place, and other specific relaxation tools are an important part of the treatment process.

Before beginning EMDR therapy I have considered all of the above and have discussed this with my therapist. I understand that EMDR is part of my treatment services and that I can choose not to use this therapy and will still receive services from the Laura L. Truesdale, LISW-CP(S) at Jill Smith and Associates.

By signing below, I acknowledge that I have received information about EMDR therapy and consent to using it as a part of my treatment.

Individual/Family Date

Therapist Date