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Informed Consent for EMDR Therapy

As a Licensed Professional Counselor (LPC) in Texas, I have undergone specialized EMDRIA approved training in Eye Movement Desensitization and Reprocessing (EMDR) therapy and am currently pursuing certification through EMDRIA.

EMDR is supported by extensive research and empirically validated as a treatment for trauma. Studies and clinical practice suggest that EMDR can often lead to significant progress in processing traumatic memories, facilitating a deeper integration and new perspective. It has been shown to help reduce emotional symptoms like intrusive thoughts, nightmares, and flashbacks, often associated with anxiety, panic attacks, PTSD, depression, and phobias.

Sometimes, processing one memory may bring up unexpected material connected to other experiences. It's important to understand that memories recalled during therapy, including EMDR, may not always be historically accurate. All memories are subject to distortions. EMDR works to process memories regardless of their accuracy, and the only way to confirm their truth is through independent verification. The experience of a memory may feel vivid and convincing, but therapy alone cannot determine its factual accuracy without corroboration.

If you have any medical conditions, such as seizures, pregnancy, heart or eye conditions, it's important to consult with a medical professional before starting EMDR. Additionally, certain medications, like benzodiazepines or narcotics for pain, might lessen the effectiveness of the therapy. For EMDR to work effectively, there usually needs to be an emotional charge to the memory being processed. Medications that significantly blunt emotions or anxiety may interfere with this process. Please speak with your doctor or psychiatrist if you believe this could affect your treatment.

For some individuals, memories may become clearer after treatment, while for others, they may seem less detailed. If you are involved in legal proceedings or may need to testify about an event, it's essential to discuss this with me. EMDR may reduce the emotional intensity of the memory, which could alter how you recall details or react emotionally. This could change the way you present your testimony, such as reducing emotional responses like crying. If this raises concerns, it's best to consult with your attorney.

The possible benefits of EMDR treatment include the following:

- The memory is stored but the painful emotions and physical sensations and the disturbing images and thoughts are decreased in intensity or may become no longer present.
- EMDR helps the brain reintegrate the memory and store it in a more appropriate place in the brain. The client's own brain reintegrates the memory and does the healing.

Client Initial: _____

Additionally, EMDR practitioners have noted the following:

- Distressing, unresolved memories may surface during EMDR.
- It's possible to experience emotional or physical reactions during treatment that neither you nor I may expect.
- Processing can continue after the session, which may result in dreams, memories, flashbacks, or other emotions. If this occurs, please make note of these experiences in a journal or log and bring them to our next session. If needed, you are welcome to reach out to me during this time.

Client Initial: _____

Like any therapeutic approach, reprocessing traumatic memories through EMDR can be uncomfortable. Some individuals may find it difficult to tolerate EMDR, while others may require additional preparation from the therapist before beginning to process traumatic experiences with this method.

- There are no known adverse effects of interrupting EMDR therapy; therefore, a client can discontinue treatment at any time.
- Alternative therapeutic approaches may include individual or group therapy, medication, or a different psychotherapy modality.
- EMDR treatment is facilitated by a licensed psychotherapist having EMDRIA-approved training and working towards attaining EMDRIA certification.

Client Initial: _____

Agreement and Acceptance: Before starting EMDR therapy, I have carefully reviewed and considered all of the information above. I have also sought any additional clarification or professional advice I felt necessary. By signing below, I give my informed consent to proceed with EMDR therapy, free from external pressure or influence.

Client Name: _____

Date: _____

Client Signature: _____

Counselor Signature: _____

Date: _____