

Marcia Katz, LCSW
Licensed Clinical Social Worker, #20075
707-829-3310
marciakatzlcsw@gmail.com

Informed Consent for EMDR Treatment

Eye Movement Desensitization & Reprocessing is a trauma resolution modality that currently has more scientific research as a treatment for trauma than any other non-pharmaceutical intervention. Based on thousands of client and clinician testimonials, EMDR has proven an effective and rapid method of reprocessing traumatic material in the treatment of anxiety, panic attack, post-traumatic stress symptoms (such as intrusive thoughts, nightmares, and flashbacks), other traumatic experiences, depression and phobias. It is important to recognize that this treatment does not remove memories – it removes the negative emotions that have become associated with particular traumatic events.

Regarding the trauma modality, EMDR, I have been advised:

- Those with limiting or special medical conditions (seizure conditions, pregnancy, heart conditions, eye conditions, etc.) should consult a medical professional before participating in this therapeutic method. Certain medications such as benzodiazepines and narcotics for pain may reduce the effects of EMDR. Medications that flatten affect or reduce all anxiety will likely interfere with the EMDR process. If this applies to you, you should consult your psychiatrist or medical doctor.
- Due to the stress related to the activation of traumatic material, pregnant women should postpone reprocessing.
- Following the EMDR treatment some people may have sharper memory, for others fuzzier memory. EMDR may also 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 if you are involved in a legal case (e.g. you may not become tearful on the stand). If this concerns you, you should consult with your attorney before beginning treatments.
- High level of emotions and/or body sensations may occur. 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.
- If you are predisposed to alcohol or drug use, the urge to use these substances to relax may intensify. You agree to utilize relaxation techniques rather than using drugs or alcohol as a means of relaxing.
- After the reprocessing session, you may continue to process the information. You may have dreams, memories, flashbacks, feelings, etc. If this happens, write them down in your log and bring them to the next session.
- You have an explicit crisis plan in place and will refer to it if the need should arise.
- You are confident that you and your therapist can handle whatever may surface.
- Before you leave your EMDR session, you will have a predetermined date and time for a follow-up session with your therapist.

Before initiating EMDR treatment, I have thoroughly considered the above information. By my signature below I hereby give my Informed Consent to receiving EMDR treatment free from pressure or influence from any person or entity.

Client _____ Date _____