

Transcend Therapy

4452 Park Blvd. Suite 204 San Diego, CA 92116
Phone: 619-823-1382 Fax: 888-618-3258
www.transcendtherapyca.com

EMDR INFORMED CONSENT

For the use of Eye Movement Desensitization and Reprocessing

EMDR is a treatment technique that facilitates the reprocessing of traumatic memories. Scientific research has established EMDR as effective for the treatment of post traumatic stress, phobias, panic attacks, anxiety disorders, stress, sexual and physical abuse, disturbing memories, complicated grief and addictions.

The possible benefits of EMDR treatment include the following:

1. EMDR is an evidenced-based therapy that taps into the brains natural ability to heal itself. It assists the brain in making sense of disturbing material and then storing that material away in a more normal process of memory.
2. EMDR allows the brain to process a traumatic experience usually in less time than traditional talk therapy. The images, sounds and feelings are no longer relived when the event is brought to mind. The event is still remembered, but the painful thoughts, disturbing emotions and intense sensations associated with the target memory are significantly diminished or completely eliminated.
3. In EMDR, the client's own brain is doing the healing while the therapist guides the process using standardized EMDR Protocols. The client is able to pause, slow down or stop the processing at any time.

The possible risks of EMDR treatment include the following:

1. Reprocessing a memory may bring up associated memories. This is normal and those memories will also be reprocessed.
2. During the EMDR, the client may experience physical sensations and retrieve images, emotions and sounds associated with the memory.
3. Reprocessing of the memory normally continues after the end of the therapy session. Other memories, flashbacks, feelings and sensations may occur. The client may have dreams associated with the memory. Frequently the brain is able to process these additional memories without help, but additional support and self-care strategies will be provided if the client is unable to manage his or her symptoms.
4. Reprocessing traumatic memories can be uncomfortable as with any other therapeutic approach.

There is no indication that if EMDR therapy is interrupted that there will be any adverse affects, therefore, a client can choose to discontinue treatment at any time.

I have read and understand the above information about EMDR. I understand that I can choose to discontinue treatment at any time. I agree to participate in EMDR treatment.

Client Signature

Date