

Consent for EMDR Therapy Treatment

EMDR DEFINITION: After something traumatic happens, it's common for the experience to get "locked" into the brain which continues to be triggered whenever a reminder comes up – images, sounds, thoughts, feelings, smells, and so on. It can be the basis for a lot of discomfort and sometimes a lot of negative emotions, such as fear and helplessness, that we can't seem to control. These are really emotions connected to the old experience that is being triggered present day.

Eye Movement Desensitization and Reprocessing (EMDR) methodology is a form of Adaptive Information Processing which may help the brain unlock maladaptive material. The eye movements used in EMDR seem to unlock the system and allow your brain to process the experience. Similar to what happens during REM (rapid eye movement in sleep – when the most intense dreaming tends to take place), the eye movements appear to be involved during the processing of unconscious material. The locked material is in an isolated memory network in the brain which prevents learning from taking place and the old material just keeps getting triggered. In another part of your brain, in a separate network, is most of the information you need to resolve it, it's just prevented from linking up to the old material. Once we start processing with EMDR, through bilateral stimulation the two networks can link up and new information can come to mind and resolve the old problems.

EMDR therapy may also allow clients to work through responses related to anxiety, panic attacks, post-traumatic stress symptoms such as intrusive thoughts, nightmares and flashbacks, dissociative disorders, depression, phobias, identity crisis, and other traumatic experiences. Repressed memories may surface with the use of EMDR therapy and 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 therapy does not, in itself, guarantee the accuracy of retrieved material. The only way to actually validate retrieved material as historically accurate is through independent verification.

The important thing to remember is that it is your own brain that will be doing the healing and that you are the one in control. I am here as a guide and support through this process.

RISKS: Distressing, unresolved memories might surface through the use of EMDR therapy procedure. Some clients have experienced reactions during treatment that neither they nor the administering clinician may have anticipated, including a high level of emotional or physical sensations. Subsequent to the treatment session, the processing of material may continue and other dreams, memories, flashbacks, feelings, etc. may surface. For some people, this method may result in sharper memory, for others fuzzier traumatic memory following the treatment.

If any of these things happen, please note them so we can discuss them during our next session. You can call for support at any time between sessions, and emergency services can be accessed if necessary.

MEDICAL: Those with limiting or special medical conditions (including but not limited to pregnancy, heart condition, ocular difficulties, epilepsy, etc.) should consult their medical professionals before participating in this therapeutic method. A letter from your medical provider approving use of EMDR therapy may be required.

LEGAL: If you are involved in a legal case and need to testify, please discuss this with your therapist before treatment.

CLINICAL CONSULTATION/SUPERVISION: I have received training from the EMDR Center of the Rockies. Through the certification process it is required that I receive clinical consultation hours, meaning that some case content may be shared with clinical supervisors or fellow clinicians in effort to increase my knowledge and skill-set for EMDR treatment. In such consultations, no HIPAA protected information, such as protected health information (PHI), will be disclosed.

Allison C. Gary, MA, LPC, NCC
AllisonCGary@gmail.com
Direct: 720-619-1058
300 S. Jackson St, suite 200
Denver, CO 80209



Before starting EMDR therapy treatment, I have thoroughly considered all of the above. I have obtained whatever additional input and/or professional advice I need before beginning this therapy.

My signature on this acknowledgement and consent is free from pressure or intelligence from any person or entity and I agree to hold harmless my EMDR clinician for any unpleasant or unexpected effects which may arise from my experience or my child's experience with EMDR therapy.

Client Signature

Date

Parent/Guardian 1 Signature (if applicable)

Date

Parent/Guardian 2 Signature (if applicable)

Date

Allison C. Gary, MA, LPC, NCC

Date