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EMDR Consent Form

Eye Movement Desensitization and Reprocessing (EMDR) therapy is a treatment approach that has been widely validated by research for the treatment of PTSD. Research on other applications of EMDR therapy is now in progress. Some of the populations researched to be successfully treated with EMDR therapy are: Addictions, Phobias, Panic Disorder, Generalized Anxiety Disorder, Depression, Attachment Disorder, Conduct problems and Self-Esteem, Grief and mourning, Body Dysmorphic Disorder, Sexual Dysfunction, Pedophilia, Performance Anxiety, Psychotic Disorders, Chronic Pain, Migraine headaches, Phantom limb pain, Medically unexplained physical symptoms.

Distressing, unresolved memories may surface through the use of EMDR procedure. Some clients have experienced reactions during the treatment sessions that neither they nor the clinician may have anticipated, including a high level of emotion or physical sensations. Subsequent to the treatment session, the processing of incidents/material may continue, and other dreams, memories, flashbacks, feelings, etc., may surface.

Before commencing EMDR treatment, I have thoroughly considered all of the above, I have obtained whatever additional input and/or professional advice I deemed necessary or appropriate to having EMDR treatment. My signature on this Acknowledgment and Consent is free from pressure or influence from any person or entity.

Client Name: _____

Client Signature: _____ Date: _____