



# Dr. Kelly A. James

## *Eye Movement Desensitization and Reprocessing Therapy (EMDR)*

Please read and initial each statement pertaining to the process of EMDR Therapy. Internal Family Systems Parts Therapy will be included in the process of EMDR Therapy.

EMDR is a simple but efficient therapy that uses bilateral stimulation (BLS). BLS can be accomplished through tapping, auditory tones, or eye movements that accelerate the brain's capacity to process and heal a past memory that is stored in the state-level drawer in the brain. BLS is similar to the naturally occurring state during dream sleep, causing the two brain parts to work together to reintegrate memories. Some clients have reported feeling a difference after the first session. EMDR is effective in alleviating trauma-related symptoms, whether the traumatic event occurred many years ago or yesterday. The brain will continue to process for 4 to 6 hours after the session. \_\_\_\_\_(INITIAL)

Scientific research has established EMDR as effective for the treatment for a variety of issues such as post-traumatic stress, anxiety disorders, phobias, panic attacks, stress, sexual and physical abuse, disturbing memories, dreams, nightmares, flashbacks, complicated grief and addictions. \_\_\_\_\_(INITIAL)

EMDR possible benefits of treatment include the following:  
EMDR removes the painful emotional component of memories and disturbing images. The person can still have the memory but will no longer have feelings. The memory becomes reintegrated and stored into the appropriate place in the brain. \_\_\_\_\_(INITIAL)

The possible risks of EMDR treatment include the following:  
There is the possibility of associated memories coming up during reprocessing of memories. This is a normal part of the process. As memories are retrieved, associated images and emotions may appear, dreams may become more vivid, and will be worked on during the session. \_\_\_\_\_(INITIAL)

The therapeutic reprocessing of memories can possibly cause discomfort in some people and will be worked on during the therapy session. Preparation for the EMDR reprocessing will be done in session. \_\_\_\_\_(INITIAL)



EMDR therapy can be discontinued at any time as there are no known adverse effects of interrupting therapy. \_\_\_\_\_(INITIAL)

EMDR Therapy should only be facilitated by a licensed psychotherapist having EMDRIA-approved training. \_\_\_\_\_(INITIAL)

EMDR Therapy works without a client having to verbally talk about their memories but needs to be truthful about what she or he is experiencing, be able to endure a high level of emotional intrusion, ability to reprocess associated memories, and use calm/safe place relaxation technique. \_\_\_\_\_(INITIAL)

Client will disclose to therapist before EMDR therapy if he/she has a history of any of the following conditions: current eye problems, a diagnosed heart disease, elevated blood pressure, or is at risk for or has a history of stroke, heart attack, seizure, or other limiting medical conditions that may put him/her at medical risk. Due to stress related to reprocessing traumatic events, pregnant women should consider postponing EMDR therapy until after delivery. \_\_\_\_\_(INITIAL)

Depending on the nature of the memories being reprocessed, a client may need to assess his/her current life situation for the ability to postpone demanding work schedules immediately following an EMDR session. \_\_\_\_\_(INITIAL)

It is imperative to discuss with a therapist all aspects of an upcoming legal court case where testimony is required. EMDR will need to be postponed if she/he is a victim or witness to a crime that is being prosecuted because the traumatic material processed using EMDR may fade, blur, or disappear as it takes the emotional component of memories away, causing her/his testimony may be challenged. \_\_\_\_\_(INITIAL)

EMDR has the potential of bringing up disturbing emotional family memories. Client need to understand disagreements with family and/or friends may occur as she/he learns new skills such as social skills assertiveness, and boundary settings after processing problems and disturbing material using EMDR. Vulnerable clients may need to be protected. \_\_\_\_\_(INITIAL)

Client should always consult with his/her medical doctor, before utilizing medication. Some medications may reduce the effectiveness of EMDR. For example, benzodiazepines may reduce effectiveness possibly due to state-dependent processing and/or regression may occur after ceasing antidepressants. I am not a medical doctor, so cannot prescribe medications. \_\_\_\_\_(INITIAL)

EMDR is contraindicated with recent crack cocaine users and long term amphetamine users, so address with the therapist his/her ability to attend to EMDR due to recent cocaine dependence,



long term amphetamine abuse, seizures, and/or other neurological conditions.

\_\_\_\_\_ (INITIAL)

Client will discuss with the therapist any diagnosable disorder such as Dissociative Disorders; Dissociative Identity Disorder, unexplained somatic symptoms, sleep problems, flashbacks, derealization and/or depersonalization, hears voices, unexplained feelings, memory lapses, multiple psychiatric hospitalizations, multiple diagnoses with little treatment progress - EMDR may trigger these symptoms. \_\_\_\_\_ (INITIAL)

By signing below, I have read and understand the possible outcomes of EMDR. I understand that EMDR therapy can be discontinued at any time. I agree to participate in EMDR Therapy, and I assume any risks involved in such participation.

NAME (PRINTED): \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

DATE: \_\_\_\_\_