

Evans Psychology Group, LLC

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Contract for Eye Movement Desensitization and Reprocessing (EMDR) for treating trauma/disturbing events history

What is EMDR?

EMDR is a complex approach to psychotherapy, which most people associate with eye movements. However, it is an accelerated form of information processing. EMDR seems to stimulate the information in your brain and allows the brain to reprocess the disturbing experiences in your life. The eye movements (audio tones, hand taps/ tactile stimulation) may help to process the unconscious material and it is your own brain doing the healing. EMDR is now widely recognized as a first line treatment of trauma (e.g., American Psychiatric Association, 2004; Bisson & Andrew, 2007; Bleich et al., 2002, CREST, 2003; DVA/DoD, 2004, Foa et al., 2009; INSERM, 2004; NICE, 2005).

For more information on EMDR, please go to the following websites:

- EMDRIA.ORG (EMDR International Association website)
- [Http://library.nku.edu/emdr/emdr_data.php](http://library.nku.edu/emdr/emdr_data.php) (The Francine Shapiro Library)

What are the goals of EMDR?

The overall goals of EMDR are to decrease your symptoms of PTSD or other symptoms (depression, anxiety, guilt, anger, negative beliefs or self-image).

What does EMDR consist of?

EMDR consists of eight phases of treatment:

Phase 1: Client History: Gather background information and assess symptoms

Phase 2: Preparation: educate client regarding EMDR treatment and teach client stabilization approaches such as relaxation techniques

Phase 3: Assessment: Access the target for EMDR processing by gathering the image, negative belief, desired positive belief, emotion, physical sensation and baseline measures

Phase 4: Desensitization: Use EMDR bilateral stimulation (eye movements, tones or taps) allowing for spontaneous emergence of insights, emotions, physical sensations and other memories

Phase 5: Installation: Increase connections to positive networks, identify the best positive cognition and enhance positive belief.

Phase 6: Body Scan: Assess and process any residual physical sensations

Phase 7: Closure: Ensure client stability at the end of session and complete relaxation exercises if necessary

Phase 8: Reevaluation: Evaluate treatment effects and explore what has emerged since the last session.

What are some possible treatment effects?

Please be advised that when completing trauma treatment, sometimes symptoms may get worse before they get better. For parents of children receiving treatment, it is important to be prepared to provide your child with extra support as they may regress in order to move forward. If you are not prepared to deal with difficult emotions/behaviors that may arise as the result of exploring trauma, then this may not be the treatment for you. If you are able to handle the negative emotions that may arise over the course of treatment, the rewards of completing EMDR treatment are tremendous. It is hard work but it pays off!

What is expected of me in EMDR?

Probably the most important expectation of EMDR is for the client to make a commitment to attend sessions. You are encouraged to ask any questions during treatment. Your commitment and decision to do EMDR is voluntary and so you may choose to discontinue treatment at any time. Should this happen, I would ask that you would come in for one final session to discuss your concerns about terminating.

With my signature, I am indicating I have reviewed this contract and understand what EMDR entails. I commit optimistically to this treatment and to the goals listed above.

_____ Therapist Signature and date

_____ Patient Signature and date