



**Bob Gamble, MA, LPC**  
702 Pettigru Street  
Greenville, SC 29601  
bobgamblecounseling@charter.net  
(864) 444-6744

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## EMDR Informed Consent Form

EMDR is a simple but efficient therapy using bilateral stimulation (BLS) — eye movement, tapping, or auditory tones — to accelerate the brain's capacity to process and heal a troubling memory. BLS, which occurs naturally during dream sleep, causes the left and right parts of the brain to work together to reintegrate the memory. Your own brain reintegrates the memory and does the healing. Some clients experience relief or positive effects in just a few sessions. The memory is remembered but the painful emotions, physical sensations and disturbing images and thoughts are no longer present.

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, addictions and other mental disorders.

Considerations regarding EMDR treatment include the following:

- Reprocessing a memory may bring up associated memories. This is normal and those memories will also be reprocessed.
- During EMDR, you may experience physical sensations and retrieve images, emotions and sounds associated with the memory.
- Reprocessing of the memory normally continues after the end of the formal therapy session. Other memories, flashbacks, feelings and sensations may occur. You may have dreams associated with the memory.
- Before participating in EMDR, discuss with the therapist all aspects of an upcoming legal court case where testimony is required. You may need to postpone EMDR treatment if you are a victim or witness to a crime that is being prosecuted because the traumatic material processed using EMDR may fade, blur or disappear and your testimony may be challenged.
- Disclose to therapist, and consult with your physician before EMDR therapy, if you have a history of, or current, eye problems, a diagnosed heart disease, uncontrolled high blood pressure, or are at risk for, or have a history of, stroke, heart attack, seizure, or other limiting medical conditions that may put you at medical risk.
- There are no known adverse effects of interrupting EMDR therapy; therefore, you can discontinue treatment at any time.

I HAVE READ AND I UNDERSTAND THE POSSIBLE OUTCOMES OF EMDR LISTED ABOVE AND UNDERSTAND I CAN END EMDR THERAPY AT ANY TIME. I AGREE TO PARTICIPATE IN EMDR TREATMENT AND I ASSUME ANY RISKS INVOLVE IN SUCH PARTICIPATION:

Name (PRINTED): \_\_\_\_\_

Date: \_\_\_\_\_

Signature \_\_\_\_\_