

What is EMDR?

Eye Movement Desensitisation and Reprocessing (EMDR) is an evidence-based psychotherapy designed to help people process distressing memories, traumatic experiences, and other experiences that continue to have a negative impact on their lives.

EMDR helps the brain process memories that may have become "stuck," allowing them to be integrated in a way that reduces their emotional intensity and the distress they cause.

Unlike some therapies, EMDR does not require you to talk about every detail of your experience if you do not wish to. Therapy will always proceed at a pace that feels safe and manageable for you.

Why has EMDR been recommended?

EMDR may be helpful for concerns including:

- Trauma and Post-Traumatic Stress Disorder (PTSD)
- Childhood trauma
- Anxiety
- Panic attacks
- Phobias
- Grief and loss
- Low self-esteem
- Distressing life experiences
- Other experiences where memories continue to affect current wellbeing

Your treatment plan will always be discussed with you, and EMDR will only be used if we both agree it is an appropriate approach.

Preparing for EMDR

Before beginning memory processing, we may spend one or more sessions developing coping strategies, grounding techniques, and emotional regulation skills. This preparation is an important part of EMDR therapy and helps ensure you feel safe and supported throughout the process.

We will only begin memory processing when we both agree you feel ready.

What can I expect?

EMDR follows a structured, eight-phase approach.

During treatment we may:

- Explore your history and current concerns.
- Develop coping and grounding skills.
- Identify memories or experiences to work on.
- Use bilateral stimulation (such as eye movements, tapping, or alternating tones).
- Pause regularly to check how you're feeling.
- Review each session together.

You remain in control throughout the entire process.

Possible Benefits

EMDR may help you:

- Reduce distress associated with traumatic memories.
- Improve emotional regulation.
- Decrease anxiety and avoidance.
- Develop healthier beliefs about yourself.
- Feel more connected and resilient.
- Experience improved day-to-day functioning.

As with any therapy, outcomes vary from person to person.

Possible Risks and Discomforts

Because EMDR involves processing distressing experiences, some people notice temporary increases in emotional discomfort during or after sessions.

You may experience:

- Strong emotions
- Vivid memories
- Changes in dreams
- Temporary fatigue
- Increased emotional sensitivity
- Physical sensations linked to memories

These reactions are often temporary and may be a normal part of the therapeutic process. However, if you have concerns at any time, please let me know so we can discuss them together.

If you experience significant distress between appointments, please use the coping strategies we have discussed and contact appropriate support services if required.

Your Rights

You have the right to:

- Ask questions at any stage.
- Decline to answer any question.
- Pause or stop EMDR processing at any time.
- Request a break during sessions.
- Throughout EMDR therapy, you remain in control. We can slow down, pause, or stop the process at any time if you need.

Confidentiality

The confidentiality of your information remains the same as outlined in your general consent and privacy information.

The usual limits to confidentiality apply, including circumstances where there are concerns about your safety or the safety of another person, mandatory reporting obligations, or where disclosure is otherwise required by law.

Between Sessions

Some people notice thoughts, memories, emotions, or dreams continue to emerge between appointments. This is a common part of EMDR therapy.

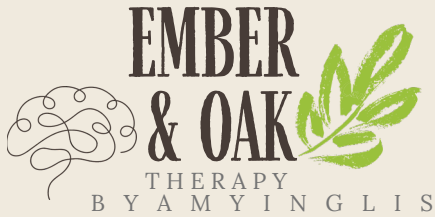
If this occurs, you may find it helpful to:

- Use the grounding or regulation strategies we have practised.
- Write down any observations to discuss at your next appointment.
- Prioritise rest, hydration, and self-care.
- Contact emergency or crisis services if you feel unsafe.

Consent

I acknowledge that:

- ☐ I have had the opportunity to ask questions about EMDR therapy.
- ☐ I understand the purpose of EMDR and what treatment may involve.
- ☐ I understand the potential benefits and possible risks.
- ☐ I understand that EMDR may not be appropriate for everyone, and my clinician will regularly review whether this remains the most suitable treatment approach.
- ☐ I understand that I may pause or stop EMDR therapy at any time.
- ☐ I understand that no specific outcome or improvement can be guaranteed.
- ☐ I voluntarily consent to participate in EMDR therapy.



Consent & Signatures

Client Name: _____ Clinician: Amy Inglis

Client Signature: _____ Accredited Mental Health Social Worker

Date: ____ / ____ / ____

Signature: _____

Date: ____ / ____ / ____