



Dawn Wilcox, LCSW

CONSENT FOR EMDR

(Children and Teens)

EMDR is beneficial and effective for children/teens as well as adults. Children tend to get “stuck” and keep “bad thoughts and feelings” from past negative memories and experiences. Through the use of BLS (bilateral stimulation), children are explained that the EMDR process helps chew up and digest all the yucky/bad thoughts and feelings that are associated with an upsetting event or adverse experience and strengthen the good thoughts and feelings that they have. The process helps the child release any negative thoughts, body sensations, and/or emotions associated with the bad memory/thought and replace it with good feelings, thoughts and more adaptive information.

I have been advised and understand that Eye Movement Desensitization and Reprocessing (EMDR) is a treatment approach that has been validated by research. Current research can be accessed at www.emdria.org.

I have also been specifically advised of:

Distressing, unresolved memories may surface through the use of the EMDR procedure. Some clients have experienced reactions during the treatment sessions that neither they nor the administering clinician may have anticipated, including a high level of emotion or physical sensations.

Subsequent to the treatment session, the processing of incidents/materials 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, and by my signature below I hereby consent for my child to receive EMDR treatment.

Date _____

Signature of Parent/Guardian _____