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## **Brief Description of EMDR**

Eye Movement Desensitization and Reprocessing (EMDR) is a psychotherapy treatment that was originally designed to alleviate the distress associated with traumatic and other negative memories (Shapiro, 1989a, 1989b). Shapiro's (2001) Adaptive Information Processing model suggests that EMDR facilitates the accessing and processing of painful memories to bring these to an adaptive resolution.

After successful treatment with EMDR, emotional distress is relieved, negative beliefs are reformulated, and physiological arousal is reduced.

During EMDR the client attends to emotionally disturbing material in brief sequential doses while simultaneously focusing on an external stimulus. Therapist directed lateral eye movements are the most commonly used external stimulus but a variety of other stimuli including hand-tapping and audio stimulation are often used (Shapiro, 1991).

Shapiro (1995) hypothesizes that EMDR facilitates the accessing of the traumatic memory network, so that information processing is enhanced, with new associations forged between the traumatic memory and more adaptive memories or information. These new associations are thought to result in complete information processing, new learning, elimination of emotional distress, and development of cognitive insights.

EMDR uses a three-pronged protocol:

- (1) the past events that have laid the groundwork for dysfunction are processed, forging new associative links with adaptive information;
- (2) the current circumstances that elicit distress are targeted, and internal and external triggers are desensitized;
- (3) imaginal templates of future events are incorporated, to assist the client in acquiring the skills needed for adaptive functioning.
- (4) For more information on EMDR, please visit the web site: **www.emdr.com**

I have been informed that Eye Movement Desensitization and Reprocessing (EMDR) is a treatment approach that has produced promising results in reducing emotional distress and post-traumatic stress symptoms.

I have also been specifically advised of the following:

- Unresolved memories may surface during the procedure
- Some clients have experienced reactions, including high levels of emotion or physical sensation during the treatment that were not anticipated by either client or clinician
- After the treatment session the processing of material may continue and other feelings, memories, or dreams may surface

I have seriously considered all of the above and by my signature below hereby consent to receiving EMDR treatment.

My signature on this consent form is free from pressure or influence from any person or entity.

Date: \_\_\_\_\_ Client Signature: \_\_\_\_\_

Therapist Signature: \_\_\_\_\_

### **ONLINE EMDR CONSENT AGREEMENT**

In order to conduct online EMDR safely with patients, the following conditions must be met:

1. **Privacy:** You have a room where you can meet with me online with no one else in the room.
2. **Safety:** You have sufficient social networks to provide emotional support as needed.
3. **Responsibility:** You agree that you are solely responsible for your physical and emotional well-being.

I have read these requirements & agree to meet them unconditionally.

\_\_\_\_\_  
Client Signature

\_\_\_\_\_  
Date