



ART and EMDR Informed Consent and Agreement

Please read this document carefully before signing. You are encouraged to ask questions if anything is unclear.

What Are ART and EMDR? Accelerated Resolution Therapy (ART) and Eye Movement Desensitization and Reprocessing (EMDR) are two separate, evidence-based treatment methods. Both are supported by research for treating post-traumatic stress, anxiety, depression, phobias, panic attacks, stress, addiction, complicated grief, and more.

Both ART and EMDR harness the wisdom of your own brain and body to heal, aiming to reduce emotional distress and help you feel more at peace. Both approaches use bilateral stimulation (eye movements, tapping, or audio tones) to help the brain process, re-integrate, and heal from troubling experiences. Although results cannot be guaranteed, some clients experience relief in just a few sessions. You may also be shown how to use bilateral stimulation for calming purposes only. If so, it is important that you follow the therapist's instructions for the best outcome.

EMDR involves recalling a memory while noticing thoughts, feelings, and body sensations as bilateral stimulation is used. ART also uses this approach, but adds guided visualization techniques. Clients may be invited to "replace" or "rescript" certain images connected to distressing memories, while keeping the factual memory intact.

Possible Benefits:

- Does not require you to share details of the trauma to be effective
- Reduces the vividness, emotional intensity, and physical sensations of troubling images while maintaining factual memory and knowledge
- Improves sleep
- Alleviates symptoms such as panic attacks, flashbacks, and nightmares
- Reduces or eliminates triggers
- Increases self-confidence and access to positive feelings
- Supports significant changes in thinking, feeling, and behavior
- Helps the brain re-integrate distressing experiences in a healthier way

Possible Risks:

- Intense emotional or physical responses during or after sessions
- Feeling more sensitive, irritable, or exhausted for a few days afterward (e.g. headache, fatigue)
- Reprocessing may bring up other related memories that also need attention
- Temporary increases in disturbing emotions, body sensations, or sensory experiences (e.g. images, sounds, smells, tactile sensations)
- Remembering aspects of past events you had not recalled before
- Processing may continue between sessions, leading to additional memories, feelings, sensations, or dreams

As with any therapy, there are no guarantees about results, completion of treatment goals, or elimination of symptoms. Outcomes vary depending on many factors, including your clinical history, current stability, and life circumstances.

Safety Considerations:

To participate safely in ART or EMDR, you must inform your therapist of the following:

- Past or current self-injurious, suicidal, or homicidal thoughts or behaviors
- Dissociation or dissociative disorders (e.g., memory gaps, out-of-body experiences, feeling detached from reality, hearing voices)
- Psychiatric hospitalizations or multiple diagnoses
- Mental health diagnoses, including attention-deficit/hyperactivity disorder (ADHD)
- History of substance abuse or addiction (ART/EMDR may be contraindicated with past, recent, or heavy use of crack cocaine or methamphetamine use)
- Relevant health history, including but not limited to: heart or respiratory conditions, neurological impairments, seizures, traumatic brain injury, or eye conditions. (You are advised to check with a medical professional before beginning ART or EMDR if these apply.)
- Pregnancy or plans to become pregnant (ART/EMDR may be contraindicated during the first trimester or in high-risk pregnancies)
- Current psychiatric medications (some medications may reduce effectiveness of ART/EMDR)
- Current life stressors that may impact stability
- Involvement in legal proceedings (ART/EMDR may reduce the vividness of memories, which could affect testimony)
- Prior history of ART and EMDR therapy

You must share openly and honestly about your experiences in therapy. You must also be able to tolerate high levels of disturbance, maintain dual focus of attention, and use self-soothing techniques to calm yourself during and between sessions.

Your Rights:

- You are not required to sign this form and are under no obligation to proceed with ART or EMDR
- You may stop ART or EMDR at any time
- No guarantees have been made regarding outcomes, effectiveness, or number of sessions needed

Client Consent and Agreement

By signing below, I acknowledge that I have read, understood, and agree to the information above regarding ART and EMDR. I understand the possible benefits, risks, and safety considerations. I agree to participate voluntarily and accept the risks involved.

Printed Name of Client

Signature of Client

Date