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EMDR Acknowledgment and Consent Form

I have been advised and understand that Eye Movement Desensitization and Reprocessing therapy (EMDR) is a treatment approach that has been widely validated by research for the treatment of PTSD. Research on other applications for EMDR therapy is now in progress.

I have also been specifically advised of the following:

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/material 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. My signature on the Acknowledgement and Consent Form is free from pressure or influence from any person or entity.

Client Signature: _____

Date: _____