



Eye Movement Desensitization and Reprocessing (EMDR) methodology is a form of adaptive information processing which may help the brain unblock maladaptive material. It also appears that EMDR may avoid some of the long and difficult abreactive work often involved in the treatment of anxiety, panic attack, post-traumatic stress symptoms (such as intrusive thoughts, nightmares, and flashbacks), dissociative disorders, depression, phobias, identity crisis and other traumatic experiences.

I have also been specifically advised of the following:

- (1) Distressing unresolved memories may be surface through the use of the EMDR procedure.
- (2) Some clients experience reactions during the treatment sessions that neither they nor the administering clinician may have anticipated, including but not limited to, high level of emotional or physical sensations. Subsequent to the treatment session, the processing of incidents and/or material may continue and dreams, memories, flashbacks, feelings. etc., may surface.
- (3) Those with limiting or special medical conditions (pregnancy, heart condition, ocular difficulties, etc.) should consult their medical professionals before participating in this therapeutic method. For some people, this method may result in sharper memory, for others fuzzier memory following the treatment. If you are involved in a legal case and need to testify, please discuss this with your therapist.

Before commencing EMDR treatment, I have considered all of the above and I have obtained whatever additional input and/or professional advice I deemed necessary or appropriate.

By my signature below I hereby consent to participating in EMDR treatment and acknowledge my consent is free from pressure, and I agree to hold harmless my EMDR clinician and True North Therapy for any unpleasant or unexpected effect which may arise from my experience, or my child's experience with EMDR. I understand that I may stop treatment at any time before or during any EMDR session and that more than one EMDR session is usually necessary in the treatment.

Client/ Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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



Initials \_\_\_\_\_

Directions: This questionnaire consists of 28 questions about experiences that you may have in your daily life. To answer the questions, please determine to what degree the experience described in the question applies to you and circle the number to show what percentage of the time you have the following experiences (how often does this happen to you?).

1. Some people have the experience of driving or riding in a car or bus or subway and suddenly realizing that they don't remember what has happened during all or part of the trip.  
0%      10%    20%    30%    40%    50%    60%    70%    80%    90%    100%
2. Some people find that sometimes they are listening to someone talk and they suddenly realize that they did not hear part or all of what was said.  
0%      10%    20%    30%    40%    50%    60%    70%    80%    90%    100%
3. Some people have the experience of finding themselves in a place and having no idea how they got there.  
0%      10%    20%    30%    40%    50%    60%    70%    80%    90%    100%
4. Some people have the experience of finding themselves dressed in clothes that they don't remember putting on.  
0%      10%    20%    30%    40%    50%    60%    70%    80%    90%    100%
5. Some people have the experience of finding new things among their belongings that they do not remember buying.  
0%      10%    20%    30%    40%    50%    60%    70%    80%    90%    100%
6. Some people sometimes find that they are approached by people that they do not know who call them by another name or insist that they have met them before.  
0%      10%    20%    30%    40%    50%    60%    70%    80%    90%    100%
7. Some people sometimes have the experience of feeling as though they are standing next to themselves or watching themselves do something and they actually see themselves as if they were looking at another person.  
0%      10%    20%    30%    40%    50%    60%    70%    80%    90%    100%
8. Some people are told that they sometimes do not recognize friends or family members.  
0%      10%    20%    30%    40%    50%    60%    70%    80%    90%    100%
9. Some people find that they have no memory for some important events in their lives (for example, a wedding or graduation).  
0%      10%    20%    30%    40%    50%    60%    70%    80%    90%    100%
10. Some people have the experience of being accused of lying when they do not think that they have lied.  
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Initials \_\_\_\_\_

11. Some people have the experience of looking in a mirror and not recognizing themselves.  
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12. Some people have the experience of feeling that other people, objects, and the world around them are not real.  
0%      10%    20%    30%    40%    50%    60%    70%    80%    90%    100%
13. Some people have the experience of feeling that their body does not seem to belong to them.  
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14. Some people have the experience of sometimes remembering a past event so vividly that they feel as if they were reliving that event.  
0%      10%    20%    30%    40%    50%    60%    70%    80%    90%    100%
15. Some people have the experience of not being sure whether things that they remember happening really did happen or whether they just dreamed them.  
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16. Some people have the experience of being in a familiar place but finding it strange and unfamiliar.  
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17. Some people find that when they are watching television or a movie they become so absorbed in the story that they are unaware of other events happening around them.  
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18. Some people find that they become so involved in a fantasy or daydream that it feels as though it were really happening to them.  
0%      10%    20%    30%    40%    50%    60%    70%    80%    90%    100%
19. Some people find that they become so involved in a fantasy or daydream that it feels as though it were really happening to them.  
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20. Some people find that they sometimes are able to ignore pain.  
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21. Some people find that that they sometimes sit staring off into space, thinking of nothing, and are not aware of the passage of time.  
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22. Some people sometimes find that when they are alone they talk out loud to themselves.  
0%      10%    20%    30%    40%    50%    60%    70%    80%    90%    100%



Initials \_\_\_\_\_

23. Some people find that in one situation they may act so differently compared with another situation that they feel almost as if they were two different people.  
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24. Some people sometimes find that they cannot remember whether they have done something or have just thought about doing it (for example, not knowing whether they have just mailed a letter or have just thought about mailing it).  
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25. Some people find evidence that they have done things that they do not remember doing.  
0%      10%    20%    30%    40%    50%    60%    70%    80%    90%    100%
26. Some people sometimes find writings, drawings, or notes among their belongings that they must have done but cannot remember doing.  
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27. Some people sometimes find that they hear voices inside their head that tell them to do things or comment on things that they are doing.  
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28. Some people sometimes feel as if they are looking at the world through a fog so that people and objects appear far away or unclear.  
0%      10%    20%    30%    40%    50%    60%    70%    80%    90%    100%