

CLIENT INFORMATION SHEET

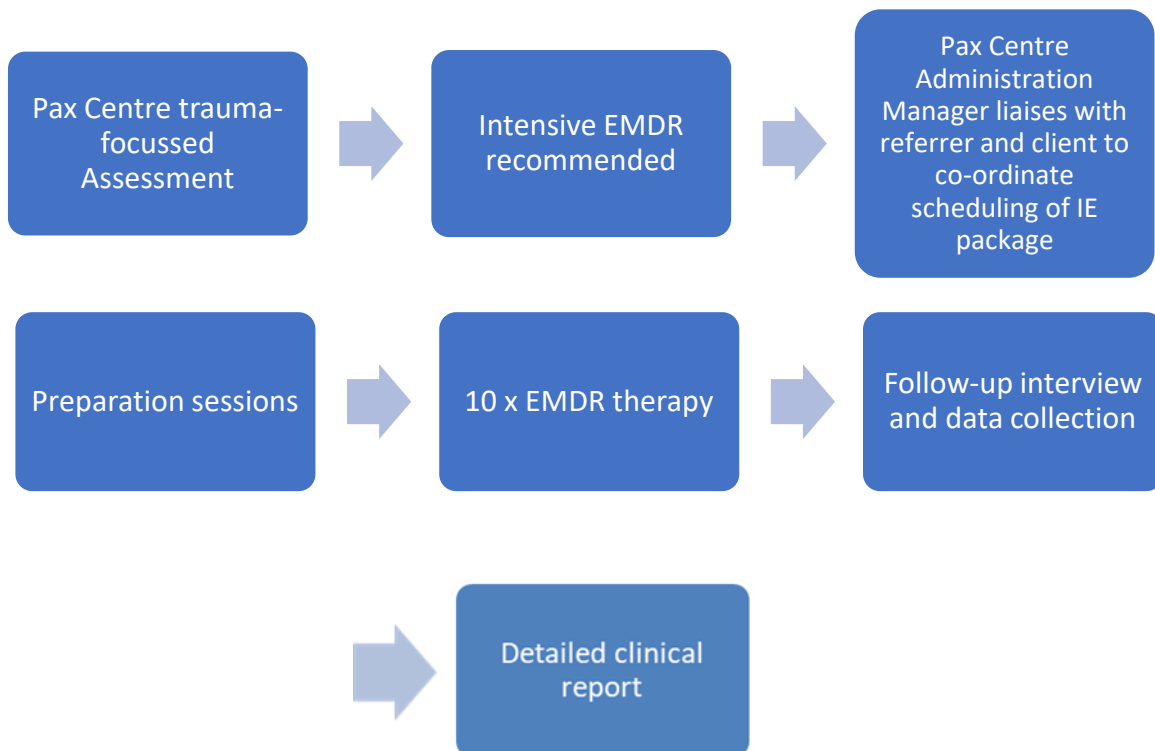
INTENSIVE EMDR (IE)

INTENSIVE EMDR definition: Condensed EMDR (Eye Movement Desensitisation and Reprocessing) therapy delivered by a team of therapists over 5 consecutive days (Monday - Friday) for a period of two weeks.

Please see EMDR Therapy Handout for an overview of EMDR therapy.

Aim: Brief intensive therapy will result in quicker taxing and desensitisation of trauma memory networks and associated emotional and somatic charge resulting in a reduction of PTSD symptoms

Flowchart of process



Process:

Step 1: Assessment

This will be completed over 2 appointments, each appointment approximately 2 hours in length. Together with a clinical interview we will ask you to complete a number of questionnaires. This enables us to obtain a comprehensive assessment ensuring together we obtain a clear history, and can identify the key areas we need address in therapy.

Step 2: Team meeting

Senior groups of therapists will assess your readiness/suitability for entry into the program

Step 3: You will be allocated a primary therapist. The primary therapist will be your main therapist for the duration of the IE program.

Step 4: Preparation sessions

These sessions will focus on:

- Psychoeducation regarding trauma, neurobiology of trauma, post-traumatic growth
- Psychoeducation regarding EMDR therapy
- Development of self-soothing/anxiety management skills and wellness enhancing techniques
- GOLDEN THREAD case conceptualisation: together with your primary therapist you will explore and map the negative/traumatic memories and experiences that will be targeted, distanced and desensitised with EMDR therapy.

Step 5: Confirmation of dates INTENSIVE EMDR will be occurring

Step 6: Commencement of IE

- You will be required to attend one EMDR session per day for five days. Therapy will be delivered by a small team of therapists; however, the majority of your sessions will occur with your primary therapist.
- During Intensive EMDR you will be encouraged to engage in physical activity of your liking outside of the therapy session. Physical activity gives you the opportunity to unburden after a heavy session, and to gain confidence in your own body.

Step 7: After INTENSIVE EMDR you will complete a number of questionnaires within one week of finishing IE. This will enable us to compare your pre and post IE scores and to identify areas of improvements and growth, and areas that may still require therapy.

Step 8: Our senior team of therapists will review your progress and determine whether further INTENSIVE or non-Intensive EMDR therapy is required. You and your referrer will be consulted in this process.

Consent

1. I have been given a full explanation of the Intensive EMDR (IE) Program, of the procedures involved and of what will be expected of me.
2. I understand that the information in my medical records, including the questionnaires, and EMDR case notes is essential to evaluate the results of the IE Program.
3. I agree and consent to the release of the above information to the Pax Centre team on the understanding that it will be treated confidentially.
4. I agree and consent to the information in my medical records pertaining to the IE program to be used in any future publications on the understanding I will not be referred by name and all information will be anonymised.
5. In turn, I cannot restrict in any way the use of the results that arise from the IE program.
6. I have been given and read a copy of this Consent Form and Information Sheet.

Signature by client

Signed _____

Client Full Name: _____

Client DOB: _____

Client Address: _____

Date: _____

Signature by Pax Centre Therapist

Signed: _____

Therapist Full Name: _____

Date: _____