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EMDR and FLASH Technique Online: Informed Consent

EMDR and FLASH are techniques that are used to help clients deal with and resolve trauma. Generally, FLASH is used within the EMDR protocol.

When used online, both EMDR and FLASH are experimental. Neither is evidence based online.

Prior to doing either EMDR or FLASH, we will discuss how to proceed with doing these techniques online. We will discuss any concerns that you may have. If there is a problem with the technology, then I will call you on the phone.

Because we are using technology online, it is possible that there might be infringements of confidentiality.

Payment can be done on my website through the paypal application (www.lynnbenjamin.com) prior to the session, it can be done at the session with a major credit or debit card, or you can mail a check prior to the session to our office address.

I, _____, hereby consent to participate in doing EMDR or FLASH via telemental health.

I understand the information provided, and I have discussed it with my therapist. All of my questions have been answered to my satisfaction.

Signature of client/parent/legal guardian

Date

Signature of witness

Date