

## EMDR CONSENT FORM

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 Crystal Hollenbeck, EdD, LMHC and H3 Counseling, LLC 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 Printed Name: \_\_\_\_\_

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

Date: \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Timeline: 0-20 yearly then most pertinent

Please place the 10 most disturbing memories on the timeline below.

Please mark the most important events (good and bad) that formed the person you are today.

Please mark any significant changes in your life (deaths/losses human and animal, humiliations, positive experiences and achievements).

Birth \_\_\_\_\_ Age 10 \_\_\_\_\_

Age 10 \_\_\_\_\_ Age 20 \_\_\_\_\_

Age 20 \_\_\_\_\_ Today \_\_\_\_\_

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Highest Educational Level: \_\_\_\_\_

Today's Date: \_\_\_\_\_

### SMI (Version 1.1)

**INSTRUCTION:** Listed below are statements that people might use to describe themselves. Please rate each item based on **how often** you believe or feel each statement **in general** using the frequency scale.

#### FREQUENCY: In general

1= Never or Almost Never

2= Rarely

3= Occasionally

4= Frequently

5= Most of the time

6= All of the time

<u>Frequency</u>	<u>In general...</u>
	1. I demand respect by not letting other people push me around.
	2. I feel loved and accepted.
	3. I deny myself pleasure because I don't deserve it.
	4. I feel fundamentally inadequate, flawed, or defective.
	5. I have impulses to punish myself by hurting myself (e.g., cutting myself).
	6. I feel lost.
	7. I'm hard on myself.
	8. I try very hard to please other people in order to avoid conflict, confrontation, or rejection.
	9. I can't forgive myself.
	10. I do things to make myself the center of attention.
	11. I get irritated when people don't do what I ask them to do.
	12. I have trouble controlling my impulses.
	13. If I can't reach a goal, I become easily frustrated and give up.
	14. I have rage outbursts.
	15. I act impulsively or express emotions that get me into trouble or hurt other people.

**FREQUENCY: In general**

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<b>Frequency</b>	<b><u>In general...</u></b>
	16. It's my fault when something bad happens.
	17. I feel content and at ease.
	18. I change myself depending on the people I'm with, so they'll like me or approve of me.
	19. I feel connected to other people.
	20. When there are problems, I try hard to solve them myself.
	21. I don't discipline myself to complete routine or boring tasks.
	22. If I don't fight, I will be abused or ignored.
	23. I have to take care of the people around me.
	24. If you let other people mock or bully you, you're a loser.
	25. I physically attack people when I'm angry at them.
	26. Once I start to feel angry, I often don't control it and lose my temper.
	27. It's important for me to be Number One (e.g., the most popular, most successful, most wealthy, most powerful).
	28. I feel indifferent about most things.
	29. I can solve problems rationally without letting my emotions overwhelm me.
	30. It's ridiculous to plan how you'll handle situations.
	31. I won't settle for second best.
	32. Attacking is the best defense.
	33. I feel cold and heartless toward other people.
	34. I feel detached (no contact with myself, my emotions or other people).
	35. I blindly follow my emotions.
	36. I feel desperate.
	37. I allow other people to criticize me or put me down.
	38. In relationships, I let the other person have the upper hand.
	39. I feel distant from other people.
	40. I don't think about what I say, and it gets me into trouble or hurts other people.
	41. I work or play sports intensively so that I don't have to think about upsetting things.

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<b><u>Frequency</u></b>	<b><u>In general...</u></b>
	42. I'm angry that people are trying to take away my freedom or independence.
	43. I feel nothing.
	44. I do what I want to do, regardless of other people's needs and feelings.
	45. I don't let myself relax or have fun until I've finished everything I'm supposed to do.
	46. I throw things around when I'm angry.
	47. I feel enraged toward other people.
	48. I feel that I fit in with other people.
	49. I have a lot of anger built up inside of me that I need to let out.
	50. I feel lonely.
	51. I try to do my best at everything.
	52. I like doing something exciting or soothing to avoid my feelings (e.g., working, gambling, eating, shopping, sexual activities, watching TV).
	53. Equality doesn't exist, so it's better to be superior to other people.
	54. When I'm angry, I often lose control and threaten other people.
	55. I let other people get their own way instead of expressing my own needs.
	56. If someone is not with me, he or she is against me.
	57. In order to be bothered less by my annoying thoughts or feelings, I make sure that I'm always busy.
	58. I'm a bad person if I get angry at other people.
	59. I don't want to get involved with people.
	60. I have been so angry that I have hurt someone or killed someone.
	61. I feel that I have plenty of stability and security in my life.
	62. I know when to express my emotions and when not to.
	63. I'm angry with someone for leaving me alone or abandoning me.
	64. I don't feel connected to other people.
	65. I can't bring myself to do things that I find unpleasant, even if I know it's for my own good.
	66. I break rules and regret it later.
	67. I feel humiliated.
	68. I trust most other people.
	69. I act first and think later.

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<b><u>Frequency</u></b>	<b><u>In general...</u></b>
	70. I get bored easily and lose interest in things.
	71. Even if there are people around me, I feel lonely.
	72. I don't allow myself to do pleasurable things that other people do because I'm bad.
	73. I assert what I need without going overboard.
	74. I feel special and better than most other people.
	75. I don't care about anything; nothing matters to me.
	76. It makes me angry when someone tells me how I should feel or behave.
	77. If you don't dominate other people, they will dominate you.
	78. I say what I feel, or do things impulsively, without thinking of the consequences.
	79. I feel like telling people off for the way they have treated me.
	80. I'm capable of taking care of myself.
	81. I'm quite critical of other people.
	82. I'm under constant pressure to achieve and get things done.
	83. I'm trying not to make mistakes; otherwise, I'll get down on myself.
	84. I deserve to be punished.
	85. I can learn, grow, and change.
	86. I want to distract myself from upsetting thoughts and feelings.
	87. I'm angry at myself.
	88. I feel flat.
	89. I have to be the best in whatever I do.
	90. I sacrifice pleasure, health, or happiness to meet my own standards.
	91. I'm demanding of other people.
	92. If I get angry, I can get so out of control that I injure other people.
	93. I am invulnerable.
	94. I'm a bad person.
	95. I feel safe.
	96. I feel listened to, understood, and validated.
	97. It is impossible for me to control my impulses.
	98. I destroy things when I'm angry.

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<u>Frequency</u>	<u>In general...</u>
	99. By dominating other people, nothing can happen to you.
	100. I act in a passive way, even when I don't like the way things are.
	101. My anger gets out of control.
	102. I mock or bully other people.
	103. I feel like lashing out or hurting someone for what he/she did to me.
	104. I know that there is a 'right' and a 'wrong' way to do things; I try hard to do things the right way, or else I start criticizing myself.
	105. I often feel alone in the world.
	106. I feel weak and helpless.
	107. I'm lazy.
	108. I can put up with anything from people who are important to me.
	109. I've been cheated or treated unfairly.
	110. If I feel the urge to do something, I just do it.
	111. I feel left out or excluded.
	112. I belittle others.
	113. I feel optimistic.
	114. I feel I shouldn't have to follow the same rules that other people do.
	115. My life right now revolves around getting things done and doing them 'right'.
	116. I'm pushing myself to be more responsible than most other people.
	117. I can stand up for myself when I feel unfairly criticized, abused, or taken advantage of.
	118. I don't deserve sympathy when something bad happens to me.
	119. I feel that nobody loves me.
	120. I feel that I'm basically a good person.
	121. When necessary, I complete boring and routine tasks in order to accomplish things I value.
	122. I feel spontaneous and playful.
	123. I can become so angry that I feel capable of killing someone.
	124. I have a good sense of who I am and what I need to make myself happy.

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Unauthorized reproduction without written consent of the authors is prohibited. **This version is equivalent to the Dutch 1.0 version.** For more information, write: Schema Therapy Institute, 130 West 42<sup>nd</sup> St., Ste. 501, New York, NY 10036, or for the Dutch version: J. Lobbestael, Clinical Psychological Science, PO Box 616, 6200 MD Maastricht, the Netherlands (Jill.lobbestael@dmkep.unimaas.nl).

## DES II

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Age: \_\_\_\_ Sex: M / F

Directions: This questionnaire consists of 28 questions about experiences that you may have in your daily life. We are interested in how often you have these experiences. It is important, however, that your answers show how often these experiences happen to you when you are not under the influence of alcohol or drugs.

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.

(never) 0% 10 20 30 40 50 60 70 80 90 100% (always)

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.

(never) 0% 10 20 30 40 50 60 70 80 90 100% (always)

3. Some people have the experience of finding themselves in a place and having no idea how they got there.

(never) 0% 10 20 30 40 50 60 70 80 90 100% (always)

4. Some people have the experience of finding themselves dressed in clothes that they don't remember putting on.

(never) 0% 10 20 30 40 50 60 70 80 90 100% (always)

5. Some people have the experience of finding new things among their belongings that they do not remember buying.

(never) 0% 10 20 30 40 50 60 70 80 90 100% (always)

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.

(never) 0% 10 20 30 40 50 60 70 80 90 100% (always)

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.

(never) 0% 10 20 30 40 50 60 70 80 90 100% (always)

8. Some people are told that they sometimes do not recognize friends or family members.

(never) 0% 10 20 30 40 50 60 70 80 90 100% (always)



9. Some people find that they have no memory for some important events in their lives (for example, a wedding or graduation).
- (never) 0% 10 20 30 40 50 60 70 80 90 100% (always)
10. Some people have the experience of being accused of lying when they do not think that they have lied.
- (never) 0% 10 20 30 40 50 60 70 80 90 100% (always)
11. Some people have the experience of looking in a mirror and not recognizing themselves.
- (never) 0% 10 20 30 40 50 60 70 80 90 100% (always)
12. Some people have the experience of feeling that other people, objects, and the world around them are not real.
- (never) 0% 10 20 30 40 50 60 70 80 90 100% (always)
13. Some people have the experience of feeling that their body does not seem to belong to them.
- (never) 0% 10 20 30 40 50 60 70 80 90 100% (always)
14. Some people have the experience of sometimes remembering a past event so vividly that they feel as if they were reliving that event.
- (never) 0% 10 20 30 40 50 60 70 80 90 100% (always)
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.
- (never) 0% 10 20 30 40 50 60 70 80 90 100% (always)
16. Some people have the experience of being in a familiar place but finding it strange and unfamiliar.
- (never) 0% 10 20 30 40 50 60 70 80 90 100% (always)
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.
- (never) 0% 10 20 30 40 50 60 70 80 90 100% (always)
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.
- (never) 0% 10 20 30 40 50 60 70 80 90 100% (always)
19. Some people find that they sometimes are able to ignore pain.
- (never) 0% 10 20 30 40 50 60 70 80 90 100% (always)
20. Some people find that that they sometimes sit staring off into space, thinking of nothing, and are not aware of the passage of time.
- (never) 0% 10 20 30 40 50 60 70 80 90 100% (always)

21. Some people sometimes find that when they are alone they talk out loud to themselves.

(never) 0% 10 20 30 40 50 60 70 80 90 100% (always)

22. 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.

(never) 0% 10 20 30 40 50 60 70 80 90 100% (always)

23. Some people sometimes find that in certain situations they are able to do things with amazing ease and spontaneity that would usually be difficult for them (for example, sports, work, social situations, etc.).

(never) 0% 10 20 30 40 50 60 70 80 90 100% (always)

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).

(never) 0% 10 20 30 40 50 60 70 80 90 100% (always)

25. Some people find evidence that they have done things that they do not remember doing.

(never) 0% 10 20 30 40 50 60 70 80 90 100% (always)

26. Some people sometimes find writings, drawings, or notes among their belongings that they must have done but cannot remember doing.

(never) 0% 10 20 30 40 50 60 70 80 90 100% (always)

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.

(never) 0% 10 20 30 40 50 60 70 80 90 100% (always)

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.

(never) 0% 10 20 30 40 50 60 70 80 90 100% (always)