

Cynthia N. Yellen PLLC

Telehealth Sessions

[HTTPS://CHATT COUNSELING.COM](https://chattcounseling.com)

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703-828-4267 (Gmail phone and text)

**INFORMED CONSENT FOR**

**EYE MOVEMENT DESENSITIZATION**

**AND REPROCESSING (EMDR FLASH METHOD)**

The EMDR (**flash technique**) process has been fully explained to me and I have had the opportunity to ask and questions. I have been informed of the potential benefits and risks of EMDR, and I elect to use EMDR /FLASH on an informed basis and with my full consent. I assume responsibility for any risks involved in using this therapeutic procedure.

At this time, **THE EMDR FLASH Technique**, is the only EMDR modality offered with telehealth from CHATT counseling until further notice. This is a shorter form of EMDR and most effective technique that best fits telehealth from CHATT counseling. As with any therapy modality, it has to fit the individual and the individual has to invest in the therapy for it to be of any possible benefit...

As with any therapy, it is important to agree to continued engagement and maintain support. After an EMDR/flash session the emotional and physical memory may continue to process and it is likely to be an unconscious process. Continued sessions are often recommended and necessary to monitor outcome of the healing process with an EMDR therapist.

I acknowledge the above and I understand as a client of CHATT, and accept the risks and responsibilities with EMDR therapy and hereby expressly assume those risks and indemnify, release and hold harmless LICENSED CLINICAL SOCIAL WORKER, CYNTHIA N. YELLEN, PLLC, and all her subsidiaries and members, manager, officers and directors, employees, third-party providers and agents from and against any and all liabilities, injuries and damage sustained by me and/or otherwise arising out of or in connection with my participation in EMDR therapy. I also agree that the terms hereof shall serve as a release and assumption of risk for my heirs, executors and administrators, and for all members of my family.

Therapist Signature: *Cynthia N. Yellen*, PLLC

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

Client Signature: \_\_\_\_\_

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