

Eye movement desensitization and reprocessing (EMDR)

Questions Before Considering EMDR

Adults | 10 to 15 minutes

Eye movement desensitization and reprocessing is a structured treatment delivered by trained clinicians. This page helps you ask about assessment, preparation, and the treatment process. It does not instruct you to recall traumatic events or perform eye movements on your own.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Understand the proposed plan

Ask what concern EMDR would address, how readiness is assessed, what preparation is offered, and what alternatives are available. You can discuss goals without describing detailed memories on this page.

Discuss control and access

Ask how you can pause, what happens if distress increases, and how the approach can be adapted for disability or sensory needs. Clarify session length, cost, follow-up, and support after demanding appointments.

1. What present-day difficulty would you want treatment to address?**2. What would you like to know about the clinician's training and proposed treatment plan?****3. What pause signal, sensory adaptation, or consent preference should be discussed?****4. What support and follow-up questions would help you make an informed choice?****Clinical use and adaptation**

Use only for treatment discussion. Do not add bilateral-stimulation instructions, trauma targets, or memory-processing tasks. Assess current stability, dissociation, risks, and suitability within professional competence; discuss alternatives and ongoing informed consent.