

Psychoeducation and Informed Consent for EMDR reprocessing

“For most people, most memories tend to be stored as just the story of what happened with few vivid images. Memories for stressful and traumatic experiences can be stored in the brain with vivid pictures, sounds, thoughts, feelings and body sensations. EMDR reprocessing reactivates these different parts of disturbing memories and allows the brain to reprocess the experience. This is what normally happens in REM or dream sleep. That is why we wake up feeling differently about experiences from the day before that were still upsetting when we went to sleep. The alternating eye movements (tones, tactile stimulation) that we use in EMDR Therapy help the brain to reprocess the way information is stored in the brain. It is your brain’s own ability to heal that will be doing the all the work and you are in control.

When we work with disturbing memories, you may re-experience disturbing physical sensations, emotions, images or sounds from the original experience. These can sometimes be fairly vivid at first. With reprocessing these tend to fade until they are no longer disturbing. After reprocessing is complete they will be just like memories for most experiences – with just the story of what happened without disturbing images, sensations or emotions.

During reprocessing people often make new connections and gain new insights. Occasionally during reprocessing, people remember experiences that they had forgotten about or deliberately suppressed. If that were to happen, would that be ok with you?

If at any point during eye movements, you feel a need to stop and talk about what is going on just raise your hand like this. [Demonstrate.] Show me how you would do that.”

Dissociative Experiences Scale - II

Instructions: This questionnaire asks 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 each experience described in the question applies to you, and circle the number to show what percentage of the time you have the experience.

For example: 0% (Never) 10 20 30 40 50 60 70 80 90 100% (Always)

There are 28 questions. These questions have been designed for adults. Adolescents should use a different version.

Disclaimer: This self-assessment tool is not a substitute for clinical diagnosis or advice.

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. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

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. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

3. Some people have the experience of finding themselves in a place and have no idea how they got there. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

4. Some people have the experience of finding themselves dressed in clothes that they don't remember putting on. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

5. Some people have the experience of finding new things among their belongings that they do not remember buying. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

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. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

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. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

Downloaded from <http://traumadissociation.com/des>

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8. Some people are told that they sometimes do not recognize friends of family members. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

9. Some people find that they have no memory for some important events in their lives (for example, a wedding or graduation). Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

10. Some people have the experience of being accused of lying when they do not think that they have lied. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

11. Some people have the experience of looking in a mirror and not recognizing themselves. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

12. Some people have the experience of feeling that other people, objects, and the world around them are not real. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

13. Some people have the experience of feeling that their body does not seem to belong to them. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

14. Some people have the experience of sometimes remembering a past event so vividly that they feel as if they were reliving that event. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

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. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

16. Some people have the experience of being in a familiar place but finding it strange and unfamiliar. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

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. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

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. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

19. Some people find that they sometimes are able to ignore pain. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

20. Some people find that they sometimes sit staring off into space, thinking of nothing, and are not aware of the passage of time. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

21. Some people sometimes find that when they are alone they talk out loud to themselves. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

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. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

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.). Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

24. Some people sometimes find that they cannot remember whether they have done something or have just thought about doing that thing (for example, not knowing whether they have just mailed a letter or have just thought about mailing it). Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

25. Some people find evidence that they have done things that they do not remember doing. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

26. Some people sometimes find writings, drawings, or notes among their belongings that they must have done but cannot remember doing. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

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. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

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. Circle the number to show what percentage of the time this happens to you.

0% 10 20 30 40 50 60 70 80 90 100%

Total:

DES Score: _____

(Total divided by 28)

Attachment History and Attitudes

This form is to assess the relationship(s) you had with individuals who took care of you and spent a significant amount of time with you in childhood. Please indicate the name of the caregiver below and their relationship to you. Starting from *as far back as you can remember until approximately age 13*, please check (✓) the experiences that best describe the relationship you had with this caregiver.

PART I

Name of caregiver: _____ Relationship to you: _____

Male Female

Hugs	Angry if I was upset	Insensitive	Unpredictable behavior
Told me "I love you"	Physically absent	Little physical affection	Frightening / scary behavior
Affectionate	Emotionally absent	Felt rejected by caregiver	Rageful / angry behavior
Consistently there for me	Ignored my emotions	Ignored me	Physically abusive
Played with me	Physically rejecting	No physical affection	Sexually abusive
Showed interest in me	Never there for me	Inconsistently there for me	Emotionally abusive
Predictable	Cold	Made me feel guilty	Frightened / fearful behavior
Sensitive to my emotions	Called me names	Didn't feel important	Had anxious or nervous behavior
Kind / loving / caring	Critical / negative	Favored sibling(s)	Very strict and permissive at the same time
Knew what I needed	Dismissive	Shaming	Put me in harm's way
Comforted me when I was distressed	No physical affection	Was sometimes sensitive to my emotions	Didn't protect me
Noticed when I was upset and was sensitive to my distress	Little physical affection	Wanted me to listen to their problems	Provided few rules / little or no structure
Saw me as an individual	Encouraged me to be a little adult	Involved me in their issues	Used religion to shame me
Met my individual needs	Encouraged early independence	Sometimes laughed in my distress	Vicious / cruel / heartless behaviors
Tried to understand me instead of blaming / shaming me	Emphasis on activities and getting material things	Feared my caregiver would leave	Controlling and rejecting at the same time
Compassionate	Treated me as their confidant	Over-protective	Showed me "tough love"
Held me when I wanted to be held	Shaming	Made me do what they wanted or liked	Often was frightened
Listened to me and understood me	Turned away from me	Was not allowed to be "me"	Allowed me to express my thoughts / feelings but was angry / upset at the same time
Allowed me to express my thoughts / feelings without getting angry / upset	Didn't talk about my emotions	Overly involved in my life	Hypercritical behaviors - "Do as I say but not as I do"
Allowed me to be my own person	Laughed in my distress	Smothered me	"I'll give you something to cry about"

PART II

From your current perspective, please check (✓) the statements below that reflect how you now think about your caregiver experience.

I value my relationship with my caregiver	I'm not interested in my caregiver	I need a relationship with my caregiver no matter what	I need and desire a relationship with one of my caregivers but I couldn't care less about the other caregiver
My caregiver did the best they could	My caregiver was an angel to me	My caregiver has issues and so do I	I need my caregiver but they don't deserve me
I understand why my caregiver behaved the way they did	My caregiver wasn't that bad	I love my caregiver no matter what	I'm very emotional about my childhood and couldn't care less at the same time
I forgive my caregiver for their mistakes toward me	My caregiver has issues that don't affect me	I love my caregiver, but I don't know why	I forgive my caregiver for their mistakes but am still really upset
I have continued involvement with my caregiver	My caregiver's life is their life and doesn't affect me	I worry if I don't speak to my caregiver regularly	I want my caregiver in my life, but I can walk away from them at anytime
My caregiver did their best	My life is better without my caregiver in it	I have a love-hate relationship with my caregiver	I am close to my caregiver but am really scared of what they could do
I have healthy boundaries with my caregiver	I had a perfectly normal childhood	I love my caregiver just because they raised me	I have continued involvement with my caregiver even though it's dysfunctional
It's best to go in a different direction from my caregiver	My stern caregiver made me the best prepared for life	My caregiver knows everything about me	The relationship I have with my caregiver is on their terms
I understand my caregiver isn't able to give me the sort of relationship I desire	My caregivers weren't really there for me, but I turned out just fine	I am very upset with my caregiver	I love my caregiver but really hate them at the same time
I accept my caregiver for who they are	I don't want to think badly of my caregiver	I am angrily disappointed with my caregiver	I'm uncertain if my caregiver abused me, but I don't care because I'm normal anyway
I love my caregiver, but because of their issues, it is best if I keep my distance	I can reach out to my caregiver if I choose to, but I do not need them	Having my caregiver there is better than not having them there at all	I sometimes speak volumes about how bad my parents were during my childhood, but they're not worth my breath

Treatment Goals & Concerns

Client name (or initials): _____ Date: _____

BEHAVIORAL TREATMENT GOALS

I want more...	I want less...	Current concerns...

EMOTIONAL TREATMENT GOALS

I want more...	I want less...	Current concerns...

COGNITIVE TREATMENT GOALS

I want more...	I want less...	Current concerns...

SOMATIC TREATMENT GOALS

I want more...	I want less...	Current concerns...

Log

Please write a word or short phrase in each box to summarize your experiences between sessions. This will help us to keep track of your responses, and make adjustments to your treatment plan.

Date	Situation or Trigger	Image, sound, or smell	Thought or Belief	Emotion(s)	Body Sensation	Urge	Level of disturbance (0-10)	Notes