

## *Children's Assent for EMDR*

Eye Movement Desensitization and Reprocessing (EMDR) is a new idea that helps grown ups and children drain away big feelings. It does not hurt, and most children like that they are in control of how they do it. You may stop anytime you wish.

EMDR unlocks our feelings and ideas so that they can heal. Deb will use one of three ways to do EMDR. I can choose which way I want to do it.

- tapping (my hands or feet)
- clicks (sounds to both my ears)
- eye movement (Deb will help me move my eyes back and forth)

EMDR sometimes wakes up feelings in our bodies that were asleep. Most of the time these feelings fade quickly. Some children find EMDR makes them feel tired or sleepy. This is normal and will also fade.

I want to do EMDR with Debbie, and I am signing this paper to show that I agree with what it says.

My name is \_\_\_\_\_

Date: