

# Informed consent discussion checklist

Clinicians | Preparation | Phase 1

Awaiting qualified clinical review. Not a stand-alone protocol, clinical training, supervision, or individualized treatment.

Consent is a continuing conversation about the proposed treatment, available choices, and client control.

## UNDERSTAND

Context and choices

## DISCUSS

Collaborate and monitor

## ADAPT

Review what helps

## Purpose and context

Clear explanations support informed participation and realistic expectations.

## Client-facing explanation

You can ask how EMDR might help, what other options exist, how information is handled, and what happens if you want to stop.

## Clinician reference

Discuss the proposed approach, intended benefits, uncertainties, possible distress, alternatives, clinician training, privacy and technology limitations, fees and practice policies, and the right to pause or decline. Use your jurisdiction-specific consent process.

## General sequence / checklist

1. Explain treatment rationale, phases, and possible variability in duration and response.
2. Discuss possible discomfort, alternatives, and options to pause, adapt, or decline.
3. Clarify clinician competence, consultation arrangements, and limits of this tool.
4. Explain privacy, remote room data flow, local notes, and download handling.
5. Check understanding and document informed consent in the protected practice system.

## Example / documentation consideration

An open question such as “What would you like clarified before deciding?” can reveal concerns that a signature alone cannot.

## Scope and cautions

This checklist is neither a legal consent form nor a substitute for applicable professional requirements.

## Selected references (framework; not validation of every exercise)

EMDRIA: Experiencing EMDR Therapy

EMDRIA: Guidelines for Virtual EMDR Therapy

No qualified review date recorded. Accessible written counterpart: [emdrdot.com/resources/preparation/consent](https://emdrdot.com/resources/preparation/consent)