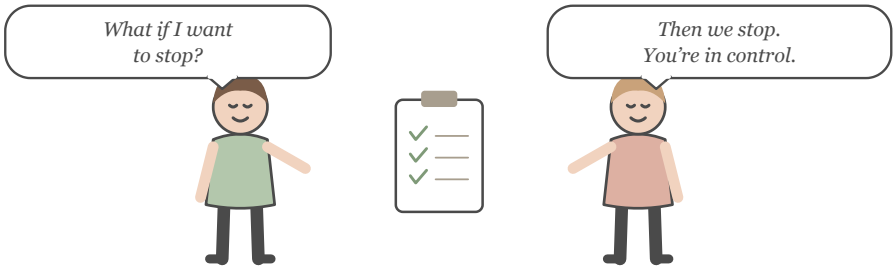
–LENSS–

EMDR Therapy Agreement

Our agreement for working together, including your consent to EMDR.

This is a mutual agreement between you and your therapist, made before EMDR begins. It sets out what you can expect from me, what I ask of you, and how we will keep our work safe. Please read it carefully, ask about anything that is unclear, and sign at the end when you are happy to go ahead.



Our details

Therapist	
Client	
Address	
Telephone	
Email	
Date of birth	
GP name and surgery	
GP address and telephone	
Emergency contact (name, relationship, telephone)	

Ethical framework and training

I am a member of the British Association for Counselling and Psychotherapy (BACP) and work within the BACP Ethical Framework for the Counselling Professions 2026, which takes effect from 3



November 2026. This means I am committed to confidentiality, honesty, transparency, doing no harm, acting in your best interests, respect, fairness, anti-oppressive practice, trust, collaboration, compassion and integrity. Wherever possible, we will make decisions about our work together collaboratively.

I have completed EMDR training accredited by EMDR Europe and I am a member of the EMDR UK Association. BACP membership number: _____ EMDR accreditation level: _____

Sessions and fees

EMDR processing sessions are often longer than standard sessions, so that there is always time to settle before you leave. We will agree the length and frequency together and review them regularly.

Session length	
How often	
Review after	
Fee	
How to pay	

Cancellation of sessions with less than 48 hours' notice will incur the full fee. If I am unwell or unable to attend, I will give you as much notice as possible and offer another time. Fees are reviewed once a year, and I will give you at least four weeks' notice of any change. I will give you reasonable notice of planned breaks, and we will plan the ending of our work together.

About EMDR

EMDR is recommended by NICE and the World Health Organization for post-traumatic stress, and is widely used for other difficulties linked to upsetting experiences. Like any therapy, results cannot be guaranteed, and some people find it isn't right for them. We will review how it is going together, and if EMDR is not helping, we can talk about other options.

What you might notice

Processing can continue between sessions. You may have vivid dreams, new memories, strong emotions, body sensations or tiredness, and you may feel worse for a short time before you feel better. These effects are common and usually settle within a few days. Please use your self-care plan and Between-Session Log, and let me know if you are worried. We will not begin processing until we have built your coping skills together.

–LENSS–

You are in control

- You can pause or stop at any time using your stop signal, and I will always respect it.
- You choose which type of bilateral stimulation we use, and you can change it.
- You never have to share details you don't want to.
- Every session ends with time to settle, and I will check that you feel grounded and safe before you leave.

Your health

Please tell me before we start, and at any time things change, if you: are pregnant or planning a pregnancy; have epilepsy or have had seizures; have an eye condition or eye pain; have a heart condition or other serious health problem; experience losing time, blackouts or feeling disconnected; or start, stop or change medication. None of these necessarily rules out EMDR, but we may adapt how we work or ask you to check with your GP.

Please do not come to a session under the influence of alcohol or recreational drugs, as this affects processing and your safety. If this happens, we will reschedule.

Legal proceedings

Please tell me before we start processing if you are involved in, or may become involved in, a police investigation, criminal trial, family court case, compensation claim (including the Criminal Injuries Compensation Authority) or tribunal related to what you are bringing to therapy.

EMDR can change how a memory feels and how vividly you recall it, and this could be raised in court. Crown Prosecution Service guidance says your health and wellbeing come first and therapy should not be delayed, but we will plan together which memories to work on and when. You may also wish to talk to your police officer, Independent Sexual Violence Adviser (ISVA) or solicitor. My notes could be requested by a court.

Online sessions

If we work online, please join from a private room where you will not be interrupted, never while driving or travelling, with your device charged. If the connection drops during processing, I will call you on: _____. Please have something grounding nearby and, where possible, someone you can contact afterwards. We will agree together whether online processing is suitable for you.

Contact between sessions

I will contact you by email, WhatsApp or text message, mainly to arrange or change appointments. Please tick your preferred method(s): ☐ Email ☐ WhatsApp ☐ Text

These services are run by other companies and are not completely secure, so I will keep messages brief and will not discuss the content of sessions by message. I may not see messages straight away, so they are not suitable for emergencies.



Recordings and Artificial Intelligence (AI)

Sessions, whether in person or on Zoom or Microsoft Teams, will not be recorded by either of us. This includes audio or video recordings, screen recordings, screenshots and transcripts. Built-in AI features, such as meeting assistants, live transcription and automatic summaries, will be switched off.

In line with the BACP Ethical Framework 2026, I do not use AI tools, such as AI note-takers, transcription services or chatbots, in our sessions or with any of your personal information, and your information will never be entered into an AI tool. If I ever wished to use an AI or digital tool, I would explain how it works, how data would be handled and the benefits and risks, and would only go ahead with your informed, written consent. Decisions about your therapy will always be made by us, and never by AI.

Notes and confidentiality

I keep brief, handwritten notes only, including the scores we use in EMDR. They are stored securely under lock and key, and are not typed up or stored electronically. You can request in writing to see the information held on you. My privacy notice explains how I use and protect your personal data, and your rights under the UK GDPR and the Data Protection Act 2018. You also have the right to complain to the Information Commissioner's Office (ico.org.uk, 0303 123 1113).

What you share remains confidential. I have regular clinical supervision, including EMDR consultation, and may discuss our work without sharing your name or details that could identify you. I may have to make exceptions if I think there is a serious risk of harm to you or others, including safeguarding concerns about a child or an adult at risk, or where the law requires it, for example a court order or under the Terrorism Act 2000 or the Proceeds of Crime Act 2002. Where possible, I would talk to you first. My safeguarding policy is available on request.

If you die while in therapy

If I learn that you have died while in therapy with me, I will securely destroy your notes, unless you name below someone you would like them sent to, or unless I am required by law to keep or disclose them.

Send my notes to (name, relationship, contact):

_____

If I am unable to continue

I have a clinical will. If I become seriously ill, am unable to work, or die, a named colleague (my clinical executor), who is bound by confidentiality, will contact you to let you know and to help you find further support. If you need any reasonable adjustments to help you access therapy, please let me know.

–LENSS–

Complaints

In the first instance, please talk to me. Any complaints about my work can also be made through BACP on 01455 883300.

Consent to EMDR

Please tick each statement and sign below.

☐ I have read the guide *Your EMDR Journey* and this agreement, and I have had the chance to ask questions.

☐ I understand what EMDR involves, including possible effects between sessions.

☐ I understand I can pause or stop at any time, and can withdraw my consent at any point.

☐ I have told my therapist about any health conditions, medication or legal proceedings that may be relevant.

☐ I agree that sessions will not be recorded, and that AI tools will not be used, as set out above.

☐ I agree to begin EMDR therapy on the terms in this agreement.

Client signature		Date	
Therapist signature		Date	

> If you are in crisis or worried about your safety, please don't wait for your next session. Call **NHS 111** and choose the mental health option, call **Samaritans** free on **116 123**, text **SHOUT** to **85258**, or in an emergency call **999** or go to A&E.