

Melanie M. Stoudt, LPC
5318 Patterson Avenue, Suite C
Richmond, Virginia 23226

INFORMED CONSENT

I, _____, for _____
(My printed name) (Myself or my child's name)

offer my consent to treatment by Melanie Stoudt, LPC. I understand that psychotherapy/ counseling is not an exact science and that no guarantees are made as to the process, progress, or outcome of assessment or treatment. Additionally, I understand that there is an inherent risk to the counseling process that may include emotional discomfort or psychological pain. I recognize and accept that it is my responsibility to communicate any such occurrences to Melanie Stoudt, and I accept this as a reasonable risk. I understand that I can withdraw my consent at any time and that I can refuse any service that I wish for any or no reason.

Further, I understand if there is an intent or plan to harm oneself or someone else, Melanie Stoudt is required to report to appropriate authorities and/or to the identified person(s) such plans. This includes any incident or suspected incident of physical or sexual abuse to a minor or to an elderly or incapacitated adult.

I am aware that Melanie Stoudt may consult with other mental health professionals when clinically advisable. I understand that a colleague may provide emergency coverage when she is out of town and may need access to relevant information to provide the best interim care possible.

I also understand that Melanie Stoudt is a Certified EMDR (Eye Movement Desensitization and Reprocessing) therapist and Approved Consultant and that she may utilize EMDR therapy in my/my child's treatment. I also understand that Melanie Stoudt may use experiential approaches in therapy, such as sand therapy, to assist with the therapeutic process.

EMDR is an integrative psychotherapy approach, which involves accessing and processing trauma. Distressing, unresolved memories might surface during EMDR therapy. Some clients have experienced reactions during or following EMDR that were not anticipated, including, but not limited to, a high level of emotion or physical sensations or troublesome dreams. Furthermore, it is important to note that traumatic material retrieved in any psychotherapy may or may not be historically accurate and is subject to a variety of contamination, as are all memories. EMDR does not guarantee the accuracy of the retrieved material but may process information regardless.

If you are involved in a legal case, or have experienced an incident that may result in a legal case and need to testify, please discuss this with me and your attorney. EMDR may reduce the emotional charge of an incident or may result in a reduction in the vividness of the details of an experience. While this may be beneficial for your emotional well-being, it may change the tone or presentation of your testimony.

I understand that scientific research has established EMDR as effective for posttraumatic stress, but that it may not be the standard therapy approach for my/my child's treatment issues.

Before commencing EMDR therapy and treatment by Melanie Stoudt, LPC, I have thoroughly considered all of the above and have obtained additional information and/or professional advice I deemed necessary. By signing this form, I certify that I give my Informed Consent for therapy by Melanie Stoudt, LPC.

Signature of Client or Parent/Guardian of Client

Date