

Questions before starting EMDR

Choose the questions that matter to you. Bring this sheet to a consultation or early appointment with any therapist you are considering.

☐ What EMDR training have you completed, and what experience do you have with concerns like mine?

☐ What would you need to learn about me before recommending EMDR? What other options might fit?

☐ How will we decide when to begin memory processing?

☐ How can I ask to pause, and what will we do if I feel overwhelmed or disconnected?

☐ What might I notice afterward, and what support is available between appointments?

☐ How will we review whether treatment is helping?

☐ What are the session length, fee, cancellation terms and receipt arrangements?

☐ For online appointments, how will we handle privacy, interruptions or a lost connection?

My main concern or question

You can keep your description broad. A consultation is an initial conversation; a fuller assessment and treatment plan take more time.