

What should I ask an EMDR therapist before beginning EMDR therapy?

- What is EMDR? How does it work?*
- Will it work for my issue?*
- What is your experience with EMDR and my issue?*
- Are you an EMDR Certified Therapist with EMDRIA?*
- How much does it cost? Does insurance pay for it?*
- What does an actual session look like?*
- Will I get worse before I get better?*
- How do I know that I am doing it right?*
- How do I prepare for EMDR therapy?*
- How is EMDR different/similar to other therapies?*
- How long does it take? Is it in person or telehealth?*



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