

Somatic Experiencing® Informed Consent

When clinically indicated, and appropriate, I will use Somatic Experiencing (SE) in our work together. SE is a naturalistic approach to the resolution and healing of trauma developed by Dr. Peter Levine and is supported by research. It is based upon the observation that wild prey animals, though threatened routinely, are rarely traumatized. Animals in the wild utilize innate mechanisms to regulate and discharge the high levels of energy associated with defensive survival behaviors. These mechanisms provide animals with a built in “immunity” to trauma that enables them to return to normal in the aftermath of life threatening experiences. SE employs awareness of body sensation to help people heal rather than relive or reenact trauma.

I understand that Somatic Experiencing interventions includes:

-Increased focus on body sensations in an effort to allow intense survival energies to be safely experienced and gradually discharged.

-An assumption that the body and mind are one and cannot be artificially separated.

-When clinically indicated, Somatic Experiencing may incorporate therapeutic touch as a way of directly accessing and supporting the Autonomic Nervous System in renegotiating unresolved trauma and correcting challenging early developmental experiences. In a session, therapeutic touch would only be used after explaining the specific intent of the intervention and obtaining verbal informed consent from you about how touch would specifically be used at that time. I understand that I will remain fully clothed at all times and will be asked to give permission before any part of my body is touched. I understand that at any point during my treatment, I have the right to revoke consent to use therapeutic touch.

-Titration (breaks down into small steps), rather than evoking catharsis which can overwhelm the regulatory mechanisms of the body. Therefore, SE is a gentle, yet powerful model for resolving “stuck” physiological states resulting from traumatic and/or overwhelming life experience.

SE can result in a number of benefits to you, such as relief of traumatic stress symptoms, increased resiliency, and resourcefulness. Like any other treatment it may also have unintended negative “side effects.”

For further references and information online about SE go to <http://www.traumahealing.org>

In signing this informed consent form, I understand that I have the right to refuse any and all Somatic Experiencing interventions at any time throughout the course of my treatment. I understand that I must verbalize this to my practitioner so that she understands that I am uncomfortable and requesting to stop a specific intervention. I understand that I can refuse touch work as an intervention. I have the right to refuse or terminate treatment at all times, or to refuse techniques or interventions I may propose or employ. I have read the above informed consent, understand, and agree to it.

Client Name (please print)

Client Signature

Therapist Signature

Date