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## **Somatic Experiencing/ Trauma Touch Informed Consent**

When appropriate, and according to my clinical judgment, I will (or may) propose the use of *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 arousal 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 highly “charge” life- threatening experiences.

- SE employs awareness of body sensation to help people “renegotiate” and heal rather than re-live or re-enact trauma.
- SE’s guidance of the bodily “felt sense” allows the highly aroused survival energies to be safely experienced and gradually discharged.
- SE may employ touch in support of the renegotiation process.
- SE “titrates” experience (breaks down into small, incremental steps), rather than evoking catharsis (which can overwhelm the regulatory mechanisms of the organism).

Touch will never be employed without discussion and verbal consent first. You have the right to choose touch work or refuse. Your practitioner will discuss ahead of time the recommendation of touch, if indicated, and you will have an opportunity to ask many questions. A refusal continues to be an option even if the work has begun. Your practitioner will verbally identify exactly the scope and practice of your work before, during and after sessions. It is your responsibility to communicate any effects of such treatments to your practitioner during and after sessions. A parent of a minor must be present at all sessions.

**For more information about SE please note the following references:**

Levine, P. and Frederick, A. (1997). *Waking the Tiger: Healing Trauma : The Innate Capacity to Transform Overwhelming Experiences*. Berkeley, CA: North Atlantic Books.

Kline, M. and Levine, P. (2007). *Trauma Through A Child's Eyes: Awakening the Ordinary Miracle of Healing*. Berkeley, CA: North Atlantic Books.

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, such as sleep disturbances, frightening memories, or unfamiliar and uncomfortable body sensations. Such reactions are not uncommon and can be attended to in the course of our work together. It is important that you are aware that there are other forms of body-oriented and somatic psychotherapy modalities that may also be helpful to you. A list of psychotherapists will be provided. My own training in Somatic Experiencing and Touch Trauma treatment includes 235+ hours of training over a 3 year period, 30+ hours of personal consultation and experiential work, as well as continued reading, studying and consultation since 2018. I'm part of the assistant team in teaching SE and combine SE with yoga therapy and reiki techniques to craft an individual response to your unique constellation of trauma.

It is your responsibility to tell me when you are uncomfortable with any parts of the treatment. If you have any questions about SE or other treatments, please ask and I will do my best to answer your questions in full. You have the right to refuse or terminate treatment at all times, or to refuse touch, SE techniques, or any other intervention I may propose or employ.

I have read the above informed consent, understand, and agree to it.

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Client name (print)

Date

Client Signature