

## **Informed Consent to Use Touch in Psychotherapy Somatic Experiencing - Touch/Table work – Bodydynamic System**

When appropriate, and according to my clinical judgment, with your approval, I will offer to use touch in our work together. I draw from a number of techniques in which I have had training including **Somatic Experiencing (SE), Touch/Table work (Somatic Resilience and Regulation-SRR)** and **The Bodydynamic System**. My touch will NEVER be of a sexual nature, which is unethical and illegal.

**Somatic Experiencing** is a short-term naturalistic approach aimed at the resolution and healing of shock trauma developed by Dr. Peter Levine. SE employs awareness of body sensations to help clients "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 evokes catharsis - which can overwhelm the regulatory mechanisms of the organism.

### **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.

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

SE can result in several benefits to you, such as relief of traumatic stress symptoms, increased resiliency, and resourcefulness. Like any other treatment it may also have unintended 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. My own education and training in SE include completion of the three-year training program as well as the certification process. I have also completed additional trainings since my certification in 2006 and consult on a regular basis with experts in the field.

**Touch/Table work (SRR)** is an offspring of SE and targets developmental trauma (from pre-conception to 3-5 years old) and its pre-verbal stages. It focuses on the nervous system and the co-regulation between practitioner and client. Once trust and safety have been established for the "young" physiology on the table, all existing traumas can unfold and be processed. SRR rebuilds the original physiological regulatory foundational piece that never existed in the early years. Touch comes in support to the younger self, held in trust and safety on the table.

### **For more information about Touch/Table work (SRR), please read:**

Kain, K. and Terrell, S. (2018) *Nurturing Resilience: Helping Clients Move Forward from Developmental Trauma*. Berkeley, CA: North Atlantic Books.

For further information online go to: [www.somaticpractice.net](http://www.somaticpractice.net) and [www.austinattach.com](http://www.austinattach.com)

This modality, like 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 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. My education in this SE post advanced modality includes 3 modules of SRR trainings (taken twice with Kain and Terrell), four modules of TST (Touch Skills for Therapists with Kain) and continuing education in TEB (Transforming the Experienced Brain with Terrell). I consult on a regular basis with my mentors.

**Bodynamics** is a body-centered developmental psychotherapy model based on the empirical research done over a decade by Lisbeth Marcher and twelve of her Danish colleagues. It describes development from before birth and continues through the teenage years. The model follows seven developmental stages of how our experience as infants and children is encoded in both mind and **muscles**. Knowing the psychological function of each muscle allows us to use them as a resource in therapy. We can target a specific developmental stage and zero in on the childhood origins of the difficulties we are presently experiencing. By reactivating the age-appropriate resources/**muscles**, we retrieve forgotten inner resources or develop new ones. We address what is troubling or missing in our present lives as we use the body to bring our history right into the therapy room. During our sessions, I will offer to touch or to have you activate specific muscles in order to work through the present-day challenging issues.

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

Marcher, L. and Fich, S. (2010). *Body Encyclopedia: A Guide To The Psychological Functions of the Muscular System*. Berkeley, CA: North Atlantic Books.

Macnaughton, I. (2004). *Body, Breath, and Consciousness: A Somatics Anthology*. Berkeley, CA: North Atlantic Books.

For further information online about Bodynamics go to <http://bodydynamicusa.com>

I followed a one-year basic training in Bodynamics in 2014 and participated in extended trainings thereafter.

**It is your responsibility to tell me when you are uncomfortable with any parts of the treatment. If you have any questions about SE, Touch/Table, Bodynamics or other treatments, please ask and I will do my best to answer your questions in full. You have the right to refuse, decline or terminate treatment at all times, or to refuse touch, SE/Touch/Table/Bodynamics techniques, or any other intervention I may propose or employ without any fear or concern about reprisal. You may request not to be touched at any time during therapy without needing to explain it, if you choose not to, and without fear of punishment.**

I consent to the use of touch in therapy and will make my concerns and considerations known to my therapist as they arise. I have read the above informed consent, understand, and agree to it. This consent is added to the form “Therapeutic Contract” signed separately.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_

