

## Consent for Online Somatic Experiencing

This document outlines the approach I use during a Somatic Experiencing (SE) session for you to review and decide if it is aligned with what you are looking for in a therapeutic process. Please feel free to ask any questions before signing and giving consent to proceed. Also feel free to decide that the approach to SE that I offer is not right for you at this time, knowing that there are other practitioners that offer SE as well as other trauma work available such as EMDR. SE may be used on its own or as an adjunct to other forms of therapy such as psychotherapy, naturopathic, osteopathic, chiropractic, or physiotherapy, etc.

I am a bodywork practitioner using a Somatic Experiencing model. The focus of an online session with me is connection to the body through nervous system regulation, and actively engaging with body awareness & movement to help renegotiate and heal the effects of trauma and/or to support inner work. This is done through staying present, going slowly, and connecting to resources that bring support as we notice and track sensations, images, body movements, emotions and meaning-making.

**SE Benefits may be felt as:** grounding & supportive; helpful to find a sense of self in connection with the body and nervous system; helpful to complete self-protection responses; supportive to our body to soften constricted areas; educational to understand and have compassion for our responses to stress; helpful to connect us to our inner awareness.

**Risks may include:** aggravation of symptoms - part of the process is to use these symptoms as a guide for adjusting the approach to find the right amount of engagement. Through the SE model we slow the process down allowing us to check in and adjust.

### Confidentiality

Your information is confidential unless required by law. I am obligated to report any information that indicates neglect or abuse of a minor, child, dependent adult or elder. Please feel free to request to see your records or to ask for a copy at any time.

### Credentials:

- \* Registered Massage Therapist since 1989
- \* 2300 hour Massage Therapy Certificate Kikkawa College, Toronto 1987 - 1989
- \* First Degree Reiki with Heather Lee, 1994
- \* Craniosacral Therapy: 750 Hour Biodynamic Craniosacral with Jan Pemberton 2005 - 2008; 36 hour Cranial Course with Grace Chan (Sutherland/Chan Clinic) 2005; 14 hour Advanced Cranial Osteopathy with Osteopathic Elder Fred L. Mitchell D.O. 2010
- \* Vodder Manual Lymph Drainage in 1992
- \* Muscle Energy Technique & Strain/Counterstrain with Glenn Sprague P.T., D.O. in 2001
- \* Spiritual Director - Pacific Jubilee Program 2013
- \* The Centre for Mindfulness Studies certificates in MBCT Basics Workshop, CBT: A Primer Workshop and Refining Inquiry with Patricia Rockman in 2014
- \* Trained Teacher of Mindful Self-Compassion (Kristin Neff, Chris Germer, Michelle Becker & Steven Hickman teachers) December 2015, August 2016
- \* Somatic Experiencing Practitioner - 216 hours Trauma Renegotiation and Nervous System Work, Berns Galloway, Russell Jones & Twig Wheeler 2018 - 2019
- \* Touch Skills for Trauma Therapists with Kathy Kain - 4 day training in 2020

**I have read the above information and I understand and give consent to proceed with Nicola Usher in a Somatic Experiencing session using body awareness, movement, and SE Touch. I understand that this is a collaborative model to create a supportive healing process, and that I have the right to withdraw consent at any time.**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**I give Nicola Usher permission to contact me by phone, email or texting for the purpose of setting up appointments or receiving information. Initial \_\_\_\_\_**