

Informed Consent For Somatic Experiencing® and for Somatic Experiencing® Touch with Nicola Usher

I am a bodywork practitioner offering Somatic Experiencing® to support the physiology of well-being, to renegotiate the impact of stress and trauma on the body, and to find a deeper connection to our inner wisdom. I use SE Touch for regulation of the nervous system and coherence throughout the structures of the body which can support a sense of wholeness. SE Touch is a consent-based modality which includes verbal consent and listening to cues from the body. I stay in communication regularly in order to respond to any changes needed regarding location of contact, pressure and timing. I welcome any requests to make adjustments whether in the moment or after you have reflected on the session.

You will be fully clothed and positioning is always negotiable. It may include laying on the massage table, being seated or standing. I will offer different pillowing and blanket options to support your body and temperature regulation. Please wear comfortable clothing to the session and feel free to bring anything along that will support you.

Any engagement with the stored stress responses of fight, flight and freeze is done slowly as we bring attention to the sensations present and gently increase the capacity to be with these sensations and states as they shift. This can help to release the effects of stress in the body that people may be experiencing like tense muscles, agitation in the nervous system or holding patterns.

Touch by itself can be activating when there is a history of trauma or a recent trauma that brings a protective response in the nervous system and I deeply respect the wisdom in these responses. The focus over time with strong protective responses is in the therapeutic relationship as we increase the capacity to experience the benefits of touch which supports the accessibility of the work through consent, agency and responding to the signals of the body.

I offer SE Touch for the following reasons: grounding, a feeling of support, mobilization, accompanying the shifts of nervous system states, and awareness building. You will always be asked before being touched and have the right and my full support to decline at any time.

I am honoured to work with you and share my knowledge of Somatic Experiencing and the nervous system as we listen and give the time and space to support resourcing and healing.

Benefits: It is my hope and intention that these tools and skills will help to reduce stress in your life and bring an understanding of your body and nervous system that supports regulation, self-compassion and connection to your inner wisdom. Other benefits may include an increased mind / body connection; a decrease in tensions of the musculoskeletal and fascial system; an aid in digestion; an increased connection to breathing freely; support of the kidneys / adrenals; and the overall ability to feel more at ease in your body.

Risks: As with any work that addresses stress and trauma there can be an increase in the symptoms that brought you in to seek relief. Any exacerbation of symptoms can be a guide to adjust the approach so please let me know at any time if you have any concerns.

A few examples of how touch work can be used in an SE session:

- the practitioner makes foot to foot contact for a sense of being grounded
- the practitioner makes hand contact with the shoulders while sitting or standing beside or behind the client for a sense of grounding and support

- the practitioner makes contact with the respiratory diaphragm to support connection to the breath and ease of movement in the ribs
- the practitioner makes contact with one of the joints of the body (for example a knee in which the client experiences a chronic pain issue) bringing a sense of support and warmth to the area to promote healing and to complete the protective responses of muscle guarding
- if the client is experiencing a chronic stress response, the practitioner can make contact with the kidney / adrenal area of the back to bring a support and settling of these organs

Please circle the areas you are comfortable having contact, including or excluding anything is fine - if your choice includes all of the areas listed just check this box

Feet - Right / Left Ankles - Right / Left Lower Legs - Right / Left Knees - Right /Left

Hips - Right / Left Sacrum (base of spine) Low Back Middle Back Upper Back

Lower Abdomen Respiratory Diaphragm Area (Upper Abdomen)

Upper Chest (below collarbone **not** including the breasts) Shoulders - Right / Left

Upper Arms - Right / Left Forearms - Right / Left Hands - Right / Left Neck Head

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 and Strain/Counterstrain with Glenn Sprague P.T., D.O. in 2001
- * 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 with Kristin Neff, Chris Germer, Michelle Becker and Steven Hickman December 2015, August 2016
- * Somatic Experiencing Practitioner - 216 hours Trauma Renegotiation and Nervous System Work with Berns Galloway, Russell Jones and Twig Wheeler 2017 - 2019
- * Touch Work for Trauma Therapists with Kathy Kain - 40 hours, February 2020
- * Trauma-Sensitive Mindfulness: The Introductory Guide to Recognizing Trauma, Responding Skillfully, and Preventing Retraumatization with David Treleaven - 13 hours, May 2022
- * Ongoing one to one supervision

I have read the above information and I understand and give consent to proceed with Nicola Usher. I understand that this is a collaborative process to create a supportive healing environment, and that I have the right to withdraw consent or adjust treatment 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 that I have agreed to ahead of time.
Initial _____