

## Somatic Experiencing Informed Consent Document

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 a session with me is bodywork through SE Touch, 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 through negotiated contact; helpful to complete self-protection responses; supportive to our body to soften constricted areas; educational to understand & have compassion for our responses to stress; helpful to connect us to inner awareness.

**Risks may include:** aggravation of symptoms and so part of the process is to use these symptoms as a guide for adjusting the approach to find the right amount of engagement that can be integrated. I have found that the engagement with body memories can be activating but as we encounter the trauma we are also, through the SE model, given resources & inner wisdom to deal with and transform the way we relate to & experience these memories.

As well as this general document, I approach consent as an ongoing communication throughout each session to negotiate and adjust the work as needed for a sense of safety, support and personal agency. Know that you have the right to ask for clarification, for adjustments to be made in terms of pressure or location of contact, or to end a session at any time. Clients are fully clothed, and the session may include being seated, standing, or laying on a massage table. Each session will begin and end with a seated check-in to assess what direction may be helpful, and to allow for integration.

### **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 for the client
- \* the practitioner makes hand contact with the shoulders while sitting or standing beside or behind the client to support regulation in the nervous system
- \* the practitioner makes contact just under the collarbones to support connection to the breath and a fuller expression & integration of the release of constriction in the soft tissues
- \* the practitioner makes contact with one of the joints of the body (for example the knee after a fall has occurred) bringing a sense of support & warmth to the area and allowing for healing & the softening of surrounding structures that are guarding around the joint
- \* the practitioner makes contact with the kidney/adrenal in the area of the back at the bottom of the rib area to bring support to the body in chronic stress responses

**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 & 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

**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 that I have agreed to ahead of time. Initial\_\_\_\_\_**