

SOMATIC EXPERIENCING™

Understanding the connection between your body, nervous system and emotions



WHAT IS SOMATIC EXPERIENCING™?

Somatic Experiencing™ is a body-oriented therapeutic approach that explores how stress and traumatic experiences can affect the nervous system.

Rather than focusing only on thoughts or the story of what happened, it can help you become more aware of sensations, emotions and nervous-system responses occurring within your body.

WHAT MIGHT WE WORK ON?

You may learn to:

- Notice signs of stress within your body
- Recognise nervous-system responses
- Identify what helps you feel safe and grounded
- Develop greater awareness of sensations and emotions
- Build capacity to manage difficult experiences
- Move between activation and calm more effectively
- Feel more connected with your body

WHAT TO EXPECT

Sessions are individualised and carefully paced.

The aim isn't to overwhelm you or force you to revisit traumatic experiences. Beth works collaboratively with you to gradually develop awareness, resources and a greater sense of regulation and safety.

WHY USE A BODY-BASED APPROACH?

Our nervous system can influence our ability to sleep, connect with others, manage everyday tasks and participate in meaningful activities.

Body-based strategies can therefore form part of Occupational Therapy focused on improving everyday functioning and participation.

IS THIS SERVICE RIGHT FOR YOU?

Somatic Experiencing™ may be helpful if stress, trauma or nervous-system responses are affecting your wellbeing or participation in everyday life.

Beth can discuss your needs and goals with you to determine whether this approach may be appropriate.

Ready to Make a Referral?

SCAN TO REFER

