

Somatic Experiencing®

Touch Consent Form

When appropriate, and according to my clinical judgment, I will (or may) propose the use of Somatic Experiencing (SE) in our work together. SE is a short-term (for shock trauma) or longer-term (for developmental trauma) naturalistic approach to the resolution and healing of trauma developed by Dr. Peter Levine and is supported by research. It is based upon the observation that wild prey animals, though threatened routinely, are rarely traumatized. Animals in the wild utilize innate mechanisms to regulate and discharge the high levels of energy arousal associated with defensive survival behaviors. These mechanisms provide animals with a built-in “immunity” to trauma that enables them to return to normal in the aftermath of highly “charged” life-threatening experiences.

- SE employs awareness of body sensation to help people "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 evoking catharsis - which can overwhelm the regulatory mechanisms of the organism.

For more information about SE please note the following reference:

<http://www.traumahealing.com>

My own education and training in Somatic Experiencing includes a three year practicum and supervision that resulted in certification as a Somatic Experiencing Practitioner . Other post graduate Somatic Experiencing certifications were achieved in Touch Skills Training for Trauma Therapists, BASE: Bodywork And Somatic Education for Trauma Therapists and many trainings with Dr.Diane Pool-Heller and Dr Dan Siegel in Attachment Therapy. I maintain continuing supervision in all aspects of Somatic Experiencing including Somatic Experiencing Touch as well as serving as an assistant in all levels of Somatic Experiencing training and Levels One and Two of Dr. Pat Ogden’s Sensorimotor Psychotherapy.

It is your responsibility to tell me when you are uncomfortable with any parts of the treatment. If you have any questions about SE or other treatments, please ask and I will do my best to answer your questions in full. You have the right to refuse or terminate treatment at all times, or to refuse touch, SE techniques, or any other intervention I may propose or employ.

My Energy Medicine Professional Insurance through the Healing Touch Professional Association requires the following sentence be included in the consent agreement, “Except in the case of gross negligence or malpractice, I or my representative(s) agree to fully release and hold harmless Dr.Robert W. LoPresti from and against any and all claims or liability of whatsoever kind or nature arising out of or in connection with my session(s).” I have read the above informed consent, understand, and agree to it.

Client name (print)

Date

Client Signature

