



Counseling Services of Portland

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Somatic Experiencing® Informed Consent

When appropriate, and according to my clinical judgment, I may propose the use of Somatic Experiencing® (SE) in our work together. SE is a short-term **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.

SE can result in a number of benefits to you, such as **relief of traumatic stress symptoms, such as anxiety and depression, and an increase in feelings of resiliency, and resourcefulness**.

Like any other treatment it may also have **unintended negative side effects**, such as **sleep disturbances, frightening memories, or unfamiliar and uncomfortable body sensations**. Such reactions are not uncommon and can be attended to in the course of our work together.

It is important that you are aware that there are other forms of body-oriented and somatic psychotherapy modalities that may also be helpful to you, such as EMDR, Sensorimotor Psychotherapy, or Bodydynamics. Obviously, there are also many non-somatic focused forms of psychotherapy and counseling that you can choose from. My own education and training in SE includes :

- Three years of Somatic Experiencing® training, 320 hours of training and supervision, the equivalent of a second Masters Degree in Counseling
- I have received my SEP, Somatic Experiencing® Practitioner Certificate
- Serving as an Assistant to the 3-year Somatic Experiencing® training
- Module One of Three on Touch Skills Training for Somatic Experiencing® therapists, 24 hours of training and practice
- I receive regular supervision in Somatic Experiencing®
- I have been using Somatic Experiencing® with clients in my full time practice since 2010

Somatic Experiencing® is a **collaborative practice between client and therapist, between you and me**, where we discover together how to create the best initial conditions for you to recover your resilience, ease and resourcefulness.

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.

I hope you will read more about this **fascinating new field of psychotherapy**. You can articles on my website at http://www.counseling-portlandoregon.com/Article_List.html as well as these books and web resources:

- Levine, P. and Frederick, A. (1997). *Waking the Tiger: Healing Trauma : The Innate Capacity to Transform Overwhelming Experiences*. Berkeley, CA: North Atlantic Books.
- Kline, M. and Levine, P. (2007). *Trauma Through A Child's Eyes: Awakening the Ordinary Miracle of Healing*. Berkeley, CA: North Atlantic Books.
- For further references and information online about SE go www.traumahealing.com

I have read the above informed consent, understand, and agree to it.

Client name (print)

Date

Client Signature

Suzie Wolfer LCSW

Therapist name

Date

Therapist Signature