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Somatic Experiencing® INFORMED CONSENT

Somatic Experiencing (SE) was developed as an approach for doing therapy with trauma survivors, and it has many other uses. It's primary focus is on improving nervous system regulation by helping clients experience a deep settling in their body. It does this by tracking physiology linked to painful memories that are still triggering, or by noticing body sensations that suggest lingering symptoms of a trauma. Noticing our body's ability to integrate information when healing from a physical insult can be reassuring that safety and balance are returning.

Unique to SE —is the use of touch— to broaden client opportunities for negotiating or resolving a piece of their trauma story. This can add a dimension of physical healing that is not integrated into more conventional forms of talk therapy. This is done in a respectful way (*always clothed*), and with your consent, so that you feel in charge of halting whatever you experience as uncomfortable. Adding touch may simply mean hands on pressure, for example, to deepen the release of muscle tension in the shoulders and neck, or to help with grounding through the feet.

When appropriate, and in my clinical judgment I find that touch might deepen our work together, I will suggest the use of touch for a specific exercise. Signing below shows that we have talked about SE and that I agree to the intentional use of touch in my psychotherapy sessions with Dr. Elanah Naftali.

Signed: _____ Date: _____

Witness: _____ Date: _____