

ELANAH D. NAFTALI, DRPH, LMFT, SEP

www.FeelingEase.com

143 West Walnut Lane, Ste. 203  
Philadelphia, PA 19144

Phone: 215.498.6360  
Elanah.naftali@gmail.com

**Somatic Experiencing(™) INFORMED CONSENT**

Somatic Experiencing (SE) was developed as a way of helping trauma survivors find relief in their bodies. While it has many other uses, a primary focus of SE is to improve nervous system regulation by helping clients experience deep settling or relaxation. It does so by tracking physiology linked to painful memories which are still triggering. As clients strengthen their capacity for tracking body sensations and related emotions —especially unpleasant ones— they may find themselves noticing finer details of their story and even recovering lost memories related to an accident. Noticing how our body integrates new information when healing from a trauma is an unexpected benefit of doing SE work. It is a very different way of working as it requires pausing your story to focus attention on how your body is reliving the experiences your words are expressing.

Unique to SE —is the use of touch— to broaden client opportunities for renegotiating or resolving a piece of their trauma story. This can add a dimension of physical healing that is not typically 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.

When appropriate, and in my clinical judgment I find that touch might lend itself to deepening our work together, I may propose the use of touch for the purposes of a specific exercise or intervention. Signing below signifies 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: \_\_\_\_\_