

Somatic Experiencing® - Informed Consent

Jennifer Manning Plassnig and Associates, LLC

The following information is for your educational purposes and further informed consent. It is your responsibility to share with your provider if you are uncomfortable with any parts of sessions, or if you have any questions about the modalities being offered. You have the right to refuse or terminate your sessions at any time. You have the right to refuse any intervention offered during your sessions.

Your provider is Jennifer Manning Plassnig, LCSW-C, SEP, ACHt who is a practicing Licensed Clinical Social Worker in the State of Maryland, Virginia, Massachusetts, South Carolina, Florida. Jennifer Manning Plassnig, LCSW-C SEP, ACHt is also a EMDR Therapist, Clinical Hypnotherapist, Reiki Practitioner and Somatic Experiencing® Practitioner. Jennifer has completed three years of student training in Somatic Experiencing® and is now an Assistant for SE trainings.

SOMATIC EXPERIENCING® – INFORMED CONSENT

Somatic Experiencing®(SE™) is an integrative whole-body approach for healing developed by Peter Levine, and once integrated can open pathways for increased resilience while also helping to resolve trauma responses. There is a focus on increased nervous system regulation and capacity building.

SE focused sessions can be done in various formats depending on your preference and the issue being addressed in session, (seated, standing, on a yoga mat or massage table). The practitioner helps to guide the person through experiences that engage the body with subtle awareness of sensations, images, emotion and meaning. Moving gently between perception of tension and openness allows resourcing and balance to occur within the nervous system and body. This begins to address the root causes of symptoms and allows the mind and body to relate in a new and more empowering manner.

You will be asked to share an impression of the sensations that you feel in your body, (such as tightness, expansion, heat, coolness). You will learn how to follow these sensations with your awareness. SE focused work helps to “titrate” the felt experience (breaks down into small, manageable steps), rather than evoking catharsis - which can overwhelm the regulatory mechanisms of the nervous system. The process is slow and gentle in order to help your nervous system find integration, resilience and balance.

The gentle process helps create increased tolerance and willingness to explore difficult sensations and emotions from past traumatic experiences while bringing conscious attention to your own activation and settling cycles. Although SE is designed to help you to find inner resources and work with manageable amounts of discomfort, you may experience challenging feelings, images, or thoughts. The result is often a sense of ease and empowerment with a new understanding or narrative related to the past experiences. You can learn more through the SE website www.traumhealing.com or by reading *Waking the Tiger: Healing Trauma* and *An Unspoken Voice* by Peter Levine.

Some positive effects connected with somatic sessions may include:

- ! Increased self-awareness and self-confidence
- ! Improved attunement to one's own body

- ! Improved connection with others
- ! Reduced stress and increased self-regulation
- ! Increased ability to bring curiosity to the healing process

SUPPORTIVE TOUCH IN SOMATIC EXPERIENCING® - INFORMED CONSENT

Supportive touch can be offered with permission, but it does not have to be used. Supportive touch in sessions is used for the following reasons: grounding, felt sense of physical support, mobilization, nervous system regulation and balance, and awareness building. The person will be asked for consent before touch is offered, and always has the right to decline. If one is not feel comfortable with touch, or if the particular session does not call for using touch, then supportive SE touch will not be used. Providers trained in this technique will utilize this approach based on a client's comfort level and therapeutic needs, along with ethical standards and remaining within their scope of practice. (Jennifer Manning Plassnig, SEP, LCSW-C, ACHt is not a massage therapist; therefore, touch in these sessions is limited to the scope of her training in Somatic Experiencing, Reiki).

SIGNATURE FOR INFORMED CONSENT

By signing this form, (physically or electronically), I certify:

- ! That I have read this form and I fully understand its contents.
- ! That I have been given ample opportunity to ask questions and that any questions have been answered to my satisfaction.
- ! Except in the case of gross negligence or malpractice, I or my representative(s) agree to fully release and hold harmless Jennifer Manning Plassnig and Associates, LLC and Jennifer Manning Plassnig, LCSW-C, SEP, ACHt from and against any and all claims or liability of whatsoever kind or nature arising out of or in connection with my session(s).
- ! By signing with my physical or electronic signature below, I consent to using Somatic Experiencing® in sessions with Jennifer Manning Plassnig and Associates, LLC and Jennifer Manning Plassnig, LCSW-C, SEP, ACHt.