*Consent to use touch in our therapy sessions*

*When appropriate, and according to my clinical judgment, with your approval, I will use touch in our work together. I draw from my experience in Somatic Experiencing, Trauma Sensitive Touch Training and my understanding of Somatic Psychology.*

*Trauma Sensitive Touch is a method of realigning the major segment of the body through the manipulation of the fascial connective tissues which is effective in loosening the bodies armor, freeing the body from chronic defensive postures that were likely adopted in childhood to protect the child from a perceived dangerous environment. It can also fight the effects of aging and illness which may result in shortening and thickening of the connective tissues, causing the individual to feel tight and “stuck” in their body. This “stuck” quality has it’s synchronous correlate of feeling stuck in the psychological processes.*

*Somatic psychology postulates that the body and mind are one and can’t be artificially separated. Much of our learning as humans has been non-verbal, through the body. Much of how we feel about ourselves comes from these non-verbal touch experiences. Feelings of being lovable and nurtured are communicated to the infant through touch. When loving touch doesn’t happen in infancy and childhood new patterns of being nurtured and deserving can be learned through appropriate use of touch during a state of mindfulness during the therapy session.*

*Touch can help clients establish more appropriate and healthier boundaries in their life as it helps a nervous system understand where they begin and end.*

*Some clients use holding of breath to modulate and regulate the intensity of their feelings. Traumatic and frightening situations can cause a freeze response in the body which mutes feelings and experience…With touch clients may restore their breath and reconnect with feelings, spontaneity, and aliveness.*

*I consent to the use of touch in therapy and will make any concerns and considerations know to my therapist as the arise.*

***Signed:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

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