

Jessica Chasnoff, Psy.D.

Licensed Clinical Psychologist (AZ Lic # 4363, WA Lic # 2914)

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 naturalistic approach to the integration, 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 self-protective survival behaviors. These mechanisms provide animals with a built-in “immunity” to trauma that enables them to return to normal functioning after highly “charged” life threatening experiences.

SE uses 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 it 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, increased resiliency, behavioral flexibility 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 be helpful to you, such as EMDR, Sensorimotor Psychotherapy, Hakomi and others. Of course, there are also many non-somatic focused forms of psychotherapy and counseling that you can choose from. My own education and training in addition to SE includes traditional Rogerian client-centered therapy, Gene Gendlin's Focusing, Core Energetics, Lifespan Integration, and Somatic Practice training with Kathy Kain.

2197 N. Camino Principal, Suite 143 // Tucson, AZ 85715

Phone: 520-221-5771 Fax: 520-789-7681 Email: Jessica@DeepestPresence.com

Jessica Chasnoff, Psy.D.

Licensed Clinical Psychologist (AZ Lic # 4363, WA Lic # 2914)

It is your responsibility to tell me if/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 any time, or to refuse touch, SE techniques, or any other intervention I may propose or employ.

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

Client name (Print)

Client signature

Date