



Somatic Experiencing® Informed Consent

When appropriate, and according to my experienced judgment, I will use Somatic Experiencing (SE) in our work together. SE is a naturalistic approach to the 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 defensive survival behaviors. These mechanisms provide animals with a built-in "immunity" to trauma that enables them to return to normal in the aftermath of highly "charged" life-threatening experiences.

- SE employs 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 down into small, incremental steps), rather than evoking catharsis
- which can overwhelm the regulatory mechanisms of the organism.

For more information about SE please note the following references: Levine, P. and Frederick, A. (1997). *Waking the Tiger: Healing Trauma: The Innate Capacity to Transform Overwhelming Experiences*. Berkeley, CA: N. Atlantic Books. Kline, M. and Levine, P. (2007). *Trauma Through A Child's Eyes: Awakening the Ordinary Miracle of Healing*. Berkeley, CA: North Atlantic Books. Levine, P., *In An Unspoken Voice: How the Body Releases Trauma and Restores Goodness*. North Atlantic Press. 2010. For further references and information online about SE go to: [http:// www.traumahealing.com](http://www.traumahealing.com)

SE can result in a number of benefits to you, such as relief of traumatic stress symptoms, increased resiliency, and resourcefulness. Like any other treatment it may also have unintended negative "side effects". As with all therapy, it is your responsibility to tell me 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 all times, or to refuse techniques or interventions I may propose or employ.

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

Client Name (print)

Client Signature

Date

Safe and Sound Protocol (SSP) Informed Consent - Adult

INTRODUCTION and BENEFITS

Thank you for agreeing to participate in the Safe and Sound Protocol. This intervention is evidence based, which means that it has been found through research to have a positive impact on individuals who participate in it. I am hopeful it will be helpful for you as well.

The Safe and Sound Protocol (SSP) is a result of Dr. Stephen Porges' forty years of research on the relationship between the autonomic nervous system, auditory sensitivities and social emotional processes. The SSP is a ten-day (or longer) sound based intervention that has been found to calm physiological and emotional states. It was designed to reduce stress and auditory sensitivity and enhance social engagement and resilience by stimulating nervous system regulation via Ventral Vagal Activation. This is accomplished by exercising and systematically challenging the auditory system with specifically processed or filtered music.

You will be seated or lying down while listening to this music for half an hour, divided in 15 minute sections, or less. In the event that we determine it therapeutically prudent to stop the music before it finishes on any given day, we will spend the remaining time facilitating nervous system settling. We will resume the SSP the following day. This fine-tuning of the protocol is quite normal and is to ensure your safety.

WHAT IS INVOLVED?

If you decide to participate you will attend ten 60 minute appointments (2 x 15-or less-minutes of active listening plus time for short instruction/discussion) to receive the SSP intervention. While listening, you will engage in a relaxing non verbal activity, rest, and/or receive gentle somatic support. As the purpose is to support feeling safe, you are encouraged to utilize any "props" that will make your experience more comfortable (special blankets, drawing pad, journal, knitting tools, puzzle, etc.).

The SSP is most effectively administered in quiet. We will avoid talking during the intervention, but can communicate as necessary via gesture or written note. You will be holding the player device (remotely via the Unyte app in your phone or using the iPod player in live sessions) and will have the ability to pause the music as necessary in order to make the experience as safe-feeling as possible.

I will also be with you (live or online) and will be monitoring the entire intervention.

RISKS

Because the SSP works with the vagus nerve, there is the possibility that you will experience some temporary gastrointestinal symptoms (ex., bowel changes or gas). You also may experience an uptick in strong emotions or auditory sensitivity for a short time. In part, this is due to the fact that the interventions are "changing" the nervous system into a more settled state, but because this "feels" different, it can be disorienting. As time passes, you should settle into the new, calmer state.

The SSP may be considered a Somatic Intensive. It's best to select a time period which avoids extra external stressors (traumatic anniversaries, new beginnings, etc), and to keep unnecessary activities and stress to a minimum for 2 weeks (or as long as we do the sessions) and the week or so following completion of the SSP. It is quite common to feel physically tired during and after the intervention, so getting adequate rest is very helpful. There may also be other risks that I cannot predict. If you experience any adverse effects, please contact me immediately so that I can offer support.

YOUR RIGHTS

Participation in this intervention is voluntary. You have the right to end your participation at any time. Your confidentiality rights are the same as in a counseling or coaching relationship.

RESPONSIBILITIES

Because each day of the protocol contains a full 30 mins. of music, it is imperative that we adhere to the schedule we establish and begin on time.

The cost of the 10 day SSP package is \$300 (does not include headphones and one on one sessions), payable at the time of the first appointment, unless we have made another agreement prior to the first session). If you do not attend all 10 sessions you will forfeit the remainder of your payment. In the unlikely event we determine it appropriate to discontinue the intervention, a partial refund may be requested.

I understand the risks and benefits associated with the Safe and Sound Protocol (SSP) and agree to participate.

_____	_____	_____
Client Name	Client Signature	Date
_____	_____	_____
Therapist Name	Therapist Signature	Date