

## **Somatic Experiencing - Consent for the Use of Touch in Therapy**

As part of my training and practice in Somatic Experiencing®, there may be occasions where **intentional, therapeutic touch** is offered as a supportive intervention. The purpose of this type of touch is to assist with **regulation of the nervous system, grounding, and supporting a sense of safety and containment**. Touch, when used, is always **non-sexual, non-invasive, and clinically appropriate**.

Touch is **never required** and is **only used with your explicit consent**. If touch is being considered, we will first discuss the intention, the specific type of contact, and any concerns you may have. You have the right to **decline or withdraw consent at any time**, including during a session, without needing to explain or justify your decision. Declining touch will not negatively affect your therapy in any way.

Consent for touch is understood as an **ongoing process**, not a one-time agreement. I will regularly check in with you about your experience, and we will adjust or stop any intervention if it does not feel supportive. You are encouraged to communicate any discomfort, uncertainty, or change in preference as it arises.

If at any time touch feels activating, confusing, or uncomfortable, we will pause and return to verbal processing and other non-touch-based approaches