***Jarron Magallanes, BCD, LCSW-R, SEP***

*Somatic Experiencing® Practitioner*

*Phone: 917-239-6149 300 Mercer Street 11E*

*New York, NY 10003*

*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. SETM is a short-term 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 supportive, containing 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.

SE can result in several 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, 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 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 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) Date Client Signature