

BodyTalk and Somatic Experiencing Informed Consent Form

This letter serves to inform you of what I offer and what I do not offer in my sessions, and will help to orient you to our professional relationship. Please read it carefully before signing.

BodyTalk Energy Therapy

BodyTalk is an energy therapy developed by Dr. John Veltheim that uses a holistic approach to healing, based on proven principles of energy medicine. BodyTalk helps synchronize the body's natural functions - to achieve and maintain healing and growth on all levels: physical, emotional, mental and spiritual and is supported by research. It is intended to enhance relaxation, increase communication within the areas of the body, and to educate as to possible energetic or emotional blocks that may create pain and disease. BodyTalk is a non-invasive, safe, and objective modality. It utilizes the body's own innate intelligence to re-establish communication within itself. BodyTalk is not a substitute for medical treatment or medications. The BodyTalk Practitioner does not diagnose illness or disease nor does the Practitioner prescribe medications.

- BodyTalk employs awareness of parts and systems in the body that have become compromised due to stress.
- The BodyTalk practitioner uses neuromuscular biofeedback to determine these parts and systems in order to reset communication between them so that the body can heal itself.
- BodyTalk can include touch if doing energetic manipulations just on the surface of the body, which these can also be done off of the body.
- BodyTalk uses gentle tapping over the head, heart and gut brains, to help to integrate suggestions made for changes, sometimes during, but always at the end of a session, which can also be done just off of the body.

For further reference about BodyTalk online, pls go to: www.bodytalksystem.com

Somatic Experiencing®

Somatic Experiencing® (SE) is a short-term naturalistic approach to the resolution and healing of trauma developed by Dr. Peter Levine and is supported by research. The word "trauma" in this sense covers a wide range of physical and psychological symptoms that result from the effect of accumulated stress on human physiology. SE 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 supports individuals in completing basic fight, flight, and freeze response patterns that remain inhibited after stressful or traumatic experiences. The completion of these response patterns brings a greater capacity for self-regulation as well as an increased sense of well-being, and integration. Even though SE primarily targets issues of trauma, it is also an effective way of supporting individuals interested in expanding their ability to

authentically be in the world physically, psychologically, and spiritually. SE is not a substitute for medical treatment or medications, nor does it replace psychotherapy.

- 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 further information online about SE, pls go to: www.traumahealing.org

Background and Training

I am an Advanced Parama BodyTalk Practitioner and have taken approximately 40 BodyTalk courses (almost all that are available) and have been practicing since 2008. I have received Somatic Experiencing® Practitioner certification and completed my 3 year Professional Training in Fall 2020. I have been integrating this work into my practice since 2016. Please note that I do not offer Psychotherapy.

I have studied numerous energy healing modalities over the last decade, and am a Certified Reiki and Cranial Sacral Practitioner, Yoga Teacher and Mindfulness Life Coach. I have traveled extensively to study with well-known Zen Buddhist and Advaita Vedanta Masters in Europe and Asia and have spent long periods of time at their Monasteries and Ashrams.

I also hold a Masters Degree in Peace and Development Studies.

Consent to Participate in Sessions

Please read the following statements and sign below so that we are clear about the parameters of our sessions. If you have any questions, please feel free to discuss them with me.

- I understand that Jaya Hollohan is an Advanced Parama BodyTalk Practitioner and has completed her 3 year Professional Somatic Experiencing certification training.
- I understand that occasionally following sessions, symptoms may feel worse until they feel better, while a potential healing reaction subsides.
- I give Jaya Hollohan permission to facilitate the modalities of (Please initial beside whichever is applicable or both):

Somatic Experiencing: _____

BodyTalk Energy Therapy: _____

- I understand that Jaya Hollohan does not provide Psychotherapy.
- I understand that Jaya Hollohan can give insurance receipts provided by the Alliance of Professionals of Naturopaths and Naturotherapists (A.P.N.N.) and that it is best to book in at her office in Gatineau, QC to receive these.
- I understand that any information I provide during sessions with Jaya Hollohan is confidential. Jaya Hollohan will not disclose information without my consent except as if:
 - o I demonstrate credible threat to harm myself or others.
 - o Any information that indicates neglect or abuse of a minor child or dependent adult or elder abuse.

I give Jaya Hollohan permission to use touch during a BodyTalk session, which is used for tapping over the head, heart and gut brains and occasionally while focusing on specific body parts. I understand that touch is not intended to physically manipulate tissue, is non-sexual, and is only used when necessary for the support of awareness. I also understand that it is my responsibility to inform Jaya if I am at any time uncomfortable with touch.

Please sign here if you **do not** want to incorporate touch in your BodyTalk sessions:

I give Jaya Hollohan permission to use touch if she and I consider it appropriate to offer support during an SE session. I understand that touch is not intended to manipulate tissue, is non-sexual, and is only used when necessary for the support of awareness. I also understand that it is my responsibility to inform Jaya if I am at any time uncomfortable with touch.

Please sign here if you **do not** want to incorporate the support of touch in your SE sessions:

Client Printed Name: _____

Client Signature: _____

Date: _____

Thank you so much! I look forward to supporting you on your healing journey.