



Lynne Maclean<sub>SEP, ORDM</sub>

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Somatic Awareness Healing

**Office Policies and Somatic Experiencing®  
Informed Consent**

Welcome to my Somatic Experiencing practice. Somatic Experiencing (SE™) is a psychobiological method for resolving trauma symptoms and relieving chronic stress. It resets the nervous system, restores inner balance, enhances resilience to stress and helps people return to a sense of regulation and mastery in their lives. SE will support you in learning how to attend to uncomfortable sensations in your body and gently unwind them through your conscious attention. SE is particularly useful in managing stress because so many of the symptoms are physiological.

Its origins were developed by Peter Levine, PhD. 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. We as humans have this same innate capacity and through the practice of Somatic Experiencing I will be assisting you in developing that capacity.

I also employ Touch Skills for Trauma Professionals developed by Kathy L. Kain, M. A., SEP as well as DARE developed by Dianne Poole Heller, Ph.D. Co-Regulating touch is a conversation had with the body through gentle, supportive touch. This work can deepen resiliency and the capacity for self-regulation. DARE is a Somatic Attachment approach to help heal attachment wounding and support humans to move toward a more secure attachment adaptation. Both methods, combined with SE, can be potent agents for healing.

**BENEFITS AND RISKS**

SE may offer you many benefits such as an increase in your ability to self-soothe and feel empowered. However, there may also be risks as with any treatment that focuses on healing trauma. Although SE is designed to help you resource and work with manageable amounts of discomfort, you may experience challenging feelings, images, or thoughts. Such reactions are not uncommon and can be attended to in the course of our work together. Their appearance is often a sign that the process is moving forward. In our practice we will work with your nervous system where ever it is at in any given moment to minimize the life disruption that may occur with these occurrences whenever possible. We may choose to slow down the process to accommodate this.

As with any stress reduction treatment, there can be no guarantee that you will reach your goals. That said, many people report that over the course of sessions they feel less fatigued, more alert, less anxious, have more body awareness and capacity to be participating more fully in their lives.

It is important that you are aware that I am not a psychotherapist. There are other forms of body-oriented and somatic psychotherapy modalities that may also be helpful to you, such as

EMDR, or Sensorimotor Psychotherapy. Obviously, there are also many non-somatic focused forms of psychotherapy and counseling that you can choose from.

I work with cultivation of your presence, awareness and interactiveness in this process. It is your responsibility to tell me when you are uncomfortable with any parts of a session. We can adjust at that point or attend to what is arising. 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 our work at all times, or to refuse touch, SE techniques, or any other intervention I may propose or employ.

## **CONFIDENTIALITY**

Everything that you share with me will remain confidential. While I am not a therapist, I do choose to follow the code of ethics required of therapists and counselors. Therefore, there are a few reasons I would break confidentiality. The first would occur if you were of danger to yourself and had an active plan to harm yourself. In this case I would contact the hospital to place you on a 72-hour watch. Another reason would occur if you were planning to seriously harm another person. I would contact the person threatened if possible as well as the police department. Confidentiality will also be broken if I learn of child or elder abuse and will contact protective services immediately. If I learn of a child abuser from a person's past who is actively still around children I will also report him or her.

If you are a minor, I will share important information with your parents regarding your emotional health. This is not the case if the information you share would put you at extreme physical risk from a caregiver. Breaches in confidentiality will occur along with the same guidelines for adults above, but include a report if you are having a sexual relationship with an older peer or an adult if you are under 16 years of age.

With the wonders of technology we are able to meet online. Please know that, although unlikely to be hacked, online communications are never fully secure. By signing this document you acknowledge that you are entering into this format with awareness of its limitations.

## **FEES**

Individual sessions are \$130 and generally run 50 - 60 minutes. If you'd like to book a longer session it will be pro-rated on the amount you pay. Couples sessions are \$170 and run 90 minutes. I do offer a limited amount of sliding scale options. I do not take insurance but do take HSA cards and the like. Fees should be paid at the end of each session unless other arrangements have been made. My fees may change over the course of our work together but with consideration to your financial ability to continue sessions. Typically, fees will be re-evaluated every 12 months unless we have made other arrangements. You will be given at least 30 days notice prior to any fee increase. Please note that I will keep a copy of a valid credit card number on file. I will only charge your credit card in the event that you fail to pay any remaining balance you may have with me. I will always inform you that I will be applying a charge prior to doing so.

If there is a balance of two sessions, another appointment cannot be scheduled until the balance has been paid. Payment for services which is past due over 120 days may be subject to collection through the use of a collection agency.

## **CANCELLATIONS**

Our weekly appointment time is reserved specifically for you and will not be offered to anyone else seeking a session. If you decide that you need to cancel a session please contact me 24 hours before at (310) 497-5064. This means that if you have an appointment at 11:00am on Tuesday, you would need to cancel by 11:00am on Monday. This will allow me time to reschedule other clients who could benefit from the availability. If you do not cancel, I will expect you to pay for the missed session in full. If I can reschedule you for another time within that week, then I will not charge for the cancelled session. If you cancel the day of the appointment, there will be a charge for the session even if you reschedule for another time that week. You are responsible for coming to your session on time. If you are late, your appointment will still need to end on time. You must be in the office before the session can begin. I will do all I can to adjust due to unexpected time constraints if my schedule allows. Should questions or concerns about this policy arise during our work together, I will answer them thoughtfully and work toward a reasonable solution. With couples, both partners must be present for the session to occur; a no-show or late cancellation by one member will be billed in full, but the single member will not be seen alone as this can be counterproductive to trust and continuity. These policies apply to me also. I will contact you with at least 24 hours notice if I need to reschedule. If for any reason I miss our scheduled appointment without notifying you, I will provide your next session free of charge. True emergency situations that cannot be foreseen can be negotiated (sudden illnesses, accidents, or unpredicted loss of childcare).

## **PHONE CALLS AND EMERGENCY CONTACTS**

Calls will generally be returned within 48 hours during regular working hours Monday-Thursday unless I am out of town. I will generally tell you when I will be away from the office. I provide non-emergency service. If you have an immediate emergency you may call your local emergency hotline or 911.

For phone calls over fifteen minutes you will be charged \$5/min. For some clients one check in message and response can be helpful or necessary at certain times. Please keep these messages to one message cycle and let me know if you want a call back or if we can wait to discuss the issue at our next session. If this level of contact in between sessions is not enough we can discuss the possibility of bi-weekly meetings until you feel ready for once a week meetings. These limits are important so that I can be fully available to you professionally and can have thoughtful, resonant, and meaningful interactions with you.

## **COUPLES POLICY**

When SE is being conducted with a couple on an ongoing basis, it can be counterproductive to the process for the Practitioner to have information or private communications from one member of that couple, which are not known to the other member. Therefore, it is my policy that if a tele-

phone call or other communication is received outside of the joint SE session from one of the members of the couple, that communication will need to be shared with the rest of the couple at the next session, so that it may be discussed and utilized to assist the couple as a whole.

It is an honor for me to work with you and share with you my knowledge of Somatic Experiencing. It takes strength and courage to explore greater self awareness, and I feel privileged to support you in reaching your goals.

Please sign here to verify you have read and understood all of the above information.

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Name

Date