

Hello,

This letter is to give you information about what I do as a Somatic Experiencing Practitioner and about our professional relationship. Please feel free to ask any questions you may have.

Thank you,

Zena Takieddine, MA, SEP

About Somatic Experiencing (SE)

SE is a short-term naturalistic approach for healing trauma. It was developed by Dr. Peter Levine, recipient of United States Association for Body Psychotherapy (USABP) Lifetime Achievement Award in 2020 for his study of nervous system regulation for trauma resolution.

Somatic Experiencing emerged from the observation of animals in the wild and through an integration of various shamanic wisdoms from a scientific lens. Dr. Peter Levine observed that wild prey animals, warm-hearted mammals like ourselves, do not get traumatized, even though they face life-threatening circumstances on a daily basis. Their innate mechanisms regulate and discharge the intense levels of energy associated with instinctive defensive responses. This allows them to survive trauma-free and continue to grazing, mating and sleeping peacefully not long after a life-threatening experience.

Human beings have similar survival responses as other mammals and similar inner mechanisms for regulation and tension release. Unlike animals, however, we have learned to suppress these natural responses. This suppression causes survival energies to get stuck. Because survival energies are intense, their 'stuckness' can cause symptoms late on in life, known as PTSD. Somatic Experiencing is a process that allows us to feel, track and release our natural survival responses while in an environment of safety. This is the key to healing trauma.

- SE creates an environment of *safety*.
- SE uses *awareness of body sensation* to help clients connect with their innate processes.
- SE practices *slowing down* and *titration* to avoid overwhelm and to allow for integration.
- SE offers guidance to *renegotiate* the experience so that it can heal and release rather than be re-lived or re-enacted as trauma.

There are many kinds of trauma that are addressed by the SE approach, including Shock Trauma & Accidents, Attacks & Assaults, Wars & Disasters, Developmental Trauma, Complex Trauma, Pre-Natal and Peri-Natal Trauma. 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: North 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.

For further references and information online about SE go to <http://www.traumahealing.com>

SE can result in a number of benefits, such as relief of traumatic stress symptoms, increased resiliency, resourcefulness, and generally more ease in life.

Like any other treatment, SE may also have unintended negative “side effects.” The primary principle of SE is to proceed slowly and mindfully, to be as gentle and safe as possible throughout the sessions, to allow for optimal integration of whatever processes unfold. It is useful to also be aware that there are other forms of body-oriented and somatic psychotherapy modalities that may be helpful to you, such as Acupuncture, Cranio-Sacral Therapy, EFT Tapping, Sensorimotor Psychotherapy and Bodydynamics, as well as regular practices of Yoga, Tai Chi, Qigong, martial arts, sports and dance. Of course, there are many non-somatic forms of psychotherapy and counselling that are helpful too. As the ancient wisdom goes, the journey of a thousand steps begins where you are standing now.

My Personal Profile

I am a certified Somatic Experiencing Practitioner since 2018 and a certified yoga teacher since 2009 working primarily in the Middle East. My approach to healing and wellness is fundamentally by connecting to the present moment and the sense of aliveness in the body, awareness and movement. I am not a therapist of any type and I reserve the right to refer you to the appropriate professional as needed.

In our sessions together, we will spend a significant time talking with one another, and also sitting quietly and feeling what is there. I shall want to know about you, to the degree that you are willing and able to share. One of the great benefits of of body-work is that it is a direct experience; it works on healing trauma without having to know the story. There is no obligation to share anything you do not want to share.

Sessions can be conducted online or in person. All that is needed is space, privacy and good connection.

Our work will involve taking time to notice aspects of your experience that are felt within the body, such as impulses, sensations, muscular tensions, breathing and feelings.

We work slowly and kindly with whatever is there. You also have the right to refuse or to terminate the session at any time.

Please sign here to verify that you have read, understood and agree to the above information.

Client name (Print)

(Signature)

(Date)

Fee

Sessions are 50 minutes long and the rate is \$80.00 per session. I offer a package of 4 weekly sessions at \$300.00. I accept cash, bank transfer or money transfer via Western Union or OMT or Wise.

For clients residing in Lebanon who do not have access to external resources, I accept being paid in Lebanese pounds. Kindly inform me if you are such a client.

Note that I **do** have a cancellation policy and require a 24 hours' notice or the full session fee will be charged. Kindly confirm that you have read and understood.

Client Initials: _____

Confidentiality

You have the right to privacy and to have your personal information protected from any public exposure. If I occasionally write a few notes, the purpose of these notes is to help me keep track of the general conversations and processes in our sessions, while not being overly specific. My notes are descriptive markers. They do not analyse nor diagnose. They are also confidential.

Permission to Consult

I may desire to share some information with colleagues in the trauma-healing field about our conversations so that I may better serve you in our work together. All information would be shared in such a way that your identity is kept absolutely confidential. Please initial here if you agree to allow me to discuss your information in peer supervision or consultation, while keeping your identity confidential. Do not sign if you have any reservations.

Client initials: _____

Client Information in Brief:

Name: _____ Gender: ____ Date of Birth: _____

Marital Status: Single Married Divorced Its Complicated

Presenting Issue: _____

Major Incidents: _____

Referral Source: _____

Physician or other Therapist: _____ Contact Number: _____

Medication, if any: _____

Residing Address (Neighbourhood, City): _____

Active Contact Number: _____ Active Email: _____

Please notify in case of emergency: _____