

Healing Trauma Somatic Experiencing with Zena Takieddine, MA, SEP

Hello,

This letter is to give you information about what I do and do not do as a Somatic Experiencing Practitioner as well as information about our professional relationship. Please feel free to ask any questions you may have.

Thank you,

Zena Takieddine

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 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 are rarely traumatized, even though they face life-threatening circumstances. Animals in the wild utilize their innate mechanisms to regulate and discharge the high levels of energy associated with defensive survival behaviours.

Human beings have similar survival responses and inner mechanisms for regulation. Unlike animals, however, we have learned to suppress these natural responses, causing survival energies to get stuck. Allowing survival responses to be tracked and released within an environment of safety 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.

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>

SOMATIC EXPERIENCING CLIENT INTAKE FORM

SE can result in a number of benefits, such as relief of traumatic stress symptoms, increased resiliency and resourcefulness. Like any other treatment it may also have unintended negative "side effects." It is important that you are aware that there are other forms of body-oriented and somatic psychotherapy modalities that may also be helpful to you, such as Acupuncture, EFT Tapping, EMDR, Sensorimotor Psychotherapy, or Bodydynamics. Regular practices of Yoga, Tai Chi, Qigong and martial arts, sports or dance can also support your therapeutic process. And, of course, there are many non-somatic forms of psychotherapy and counselling that are helpful too.

Zena Takieddine MA SEP Personal Profile:

I am a certified Somatic Experiencing Practitioner since 2018 and a certified yoga teacher since 2009. I am not a therapist of any type and if our sessions move in that direction, I will need to refer you to the appropriate professional for that work.

In our sessions together, we will spend a significant time talking with one another, exchanging ideas and perspectives. I shall want to know about you, to the degree that you are willing and able to share. There is no obligation to share anything you do not want to share and it is possible to gain benefit from the session and relieve the symptoms of trauma without getting involved in the story at all.

A part of our work will involve me encouraging you to pay attention to aspects of your experience that are beyond or beneath your words, namely your body, your senses, your feelings, and images.

On occasion, and only with your agreement, I use Somatic Experiencing touch. The purpose of the touch is to help ground and settle. I do not manipulate or massage. Before any touch-work takes place, I shall inform you of what we are going to do and why, and ensure that you feel safe.

I shall always ask you permission before I place a hand on any area of your body. It is your responsibility to tell me when you are uncomfortable with any parts of the treatment. You have the right to refuse or terminate at all time, or to refuse touch, SE techniques, or any other intervention I may propose or employ.

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

Client name (Print)

(Signature)

(Date)

Confidentiality:

You have the right to have your personal information protected from any public exposure so that you can ensure privacy and the protection of confidentiality. I may keep a journal in which I shall write few notes to myself concerning our visits. The notes will help me to track the general conversations we have had, while not being overly specific. My notes are descriptive in nature and do not analyse or diagnose.

Permission to Consult:

From time to time, during my own ongoing peer consultation and supervision, I may desire to share some information with colleagues 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 reservations.

Client initial: _____

Client Information:

Name: _____ Date of Birth: _____

Address: _____

Telephone: _____

Work: _____ Home: _____

Email: _____

Referral Source: _____

Presenting Issue: _____

Physician or other Therapist: _____ Contact Number: _____

Medication: _____

Please notify in case of emergency: _____

Fee: \$80.00 per session. For clients interested in a package, I offer a sequence of 4 sessions at \$300. I accept cash, bank transfer or money transfer via Western Union.

Cancellation Policy: 24 hours' notice of cancellation is requested or the full session fee will be charged.