

# **Neal E. Winblad, MFT**

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## **Informed Consent to Use Touch in Therapy**

When appropriate, and according to my clinical judgment, with your approval, I will use touch in our work together. I draw from a number of techniques in which I have had training including the Rolf Method of Structural Integration (SI), somatic psychology, and Somatic Experiencing (SE).

SI is a method of realigning the major segments of the body through manipulation of the fascial connective tissue and is particularly effective in loosening and freeing body armor, freeing the body from chronic defensive postures that were adopted in childhood to protect the child from a perceived dangerous environment. It also fights the effects of aging and illness which have resulted in shortening and thickening of the connective tissues, causing the individual to feel tight and “stuck” in their body. This “stuck” quality has it’s concomitant correlate of feeling stuck in the psychological processes. In addition SI is designed to transform the bodymind through a physical education process into a better posture and more mature movement quality, both of which reflect in more mature behavior and relationships.

Somatic psychology postulates that the body and mind are one (bodymind) and cannot be artificially separated. Much of our learning has been non-verbal through the body, especially as an infant when we were held and nurtured by our parents, or not. Much of how we feel about ourselves and our worthiness comes from these non-verbal touch experiences. Feelings of being lovable and nurtured are communicated to the infant through touch. When this has not been the case, new patterns of being nurtured and deserving can be learned by the individual through appropriate touch of the therapist during a state of mindfulness in the client.

Trauma, and parents with inappropriate boundaries, can cause confusion for individuals as to where they end and the world begins. I also use touch to help the client establish more appropriate and healthier boundaries in their life.

Individuals use holding of the breath to modulate and regulate intensity of feelings. Traumatic and frightening situations caused a freezing of the breath which mutes the feelings. Assisting clients to restore deep free breaths through directed touch can reconnect people with feelings, spontaneity, and aliveness.

I consent to the use of touch in therapy, and will make my concerns and considerations known to my therapist as they arise.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

Print Name: \_\_\_\_\_