

Alicia Barmon, MA, LCPC, ERYT
256 West Patrick Street, Suite 3
Frederick, MD 21701

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 Yoga Therapy (YT), somatic psychology, and Somatic Experiencing (SE).

YT is a method of re-establishing movement, alignment and space in the physical body through breath work and postures. The physical practice of breath and movement is particularly effective in loosening and freeing body armor, freeing the body from chronic defensive postures that were adopted in childhood to protect 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 tight muscles and body armoring. This “stuck” quality has it’s concomitant correlate of feeling stuck in the psychological processes. In addition YT is designed to transform the bodymind through a physical education process into a better posture and more integrated movement quality, both of which reflect in more integrated 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.

In Somatic Experiencing touch work, the intention is to support the re-negotiation of trauma as it presents physiologically and somatically. For example, individuals use holding of the breath and muscular tension to modulate and regulate intensity of feelings. Assisting clients to restore deep free breaths through directed touch can reconnect people with feelings, spontaneity, and allow stuck energy to move through the system – ultimately, resulting in more capacity and resilience.

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: _____