

SOMATIC SEX EDUCATION INFORMED CONSENT

Somatic Sex Education (SSE) is an active process we do together rather than something I “do to you”. “Somatic” can be understood as “the felt sense of the body”, “the energy that animates your body” or “the wisdom that inherently lives in your body”. A big part of our work is to develop your felt sense of your body and strengthen your ability to communicate what you notice. I will be guiding you and asking lots of questions. Please know you are invited to share anything you might be noticing; any sensations or memories are welcome. Thoughts are welcome as well and I will be guiding us back to your body as this is our primary place of work together.

Somatic Sex Education sessions are tailored to fit the clients desires and goals. Sessions may include a combination of: exercises/games, meditation, body work, and education. Session plans will be shared and agreed upon at the beginning of each session.

As well as many wonderful potential benefits; there are also potential risks with anything we do together. Risks may include: temporary fatigue or systemic pain, flare up of pre-existing conditions, feelings of overwhelm or anxiety, resurfacing of traumatic events, shifts in perspective on life and relationships, and changes in over all experience of your body.

This work is a process that takes time and while profound change or important but subtle shifts can happen in a short period of time, it is important to go at the pace of your body and trust that unfolding process. Instant transformation is not the goal of our work.

I _____ understand that Somatic Sex Education(SSE)/Scar Work is supplementary to, not a replacement for, primary medical care or mental health care. SSE is not psychotherapy or trauma therapy.

I agree to seek and build support within my community and my team of other health professionals to support me in my process as needed. _____

Touch will be at my request and may include whole body. I agree to guide my practitioner’s touch, pressure, location, and to communicate what I am experiencing. _____

Learning/experiencing something new can often can bring about feeling uncomfortable. This is the edge where we experience change/growth. I understand I will be introduced to the concept of the “Window of Tolerance” and I agree to communicate with my practitioner if I notice myself moving outside this window (eg. feeling unsafe, want to stop for any reason, experiencing unwanted pain or sensations). I understand that my practitioner will welcome my communication and that I am encouraged to change my mind at any time. _____

I understand that SSEs are trained to welcome pleasure and offer pleasurable touch as part of the healing process. I understand that touch will only be given at my request and solely for my own benefit, education, and pleasure. I agree to guide the touch to ensure it is always beneficial, educational, and pleasurable for me. _____

I understand that I will be given a choice in everything we do together and I agree to exercise my right to advocate for my best interests. _____

I understand that my direct feedback is encouraged. In the event of conflict or disagreement West has community structures and supports available to assist us if needed. _____

I affirm that I have notified my practitioner of all known medical conditions and injuries. _____

I understand that my practitioner is not qualified to offer any orthopedic adjustments or diagnosis.

I understand that my practitioner will keep details of my treatment and patient file confidential. Parts of our sessions may be shared without details for the purpose of mentorship/supervision. _____

I _____ have been made aware of the potential risks and benefits of working together.

I am over the age of 18. _____

By signing I show that I have read and agree to the above statements.

Signed _____ date _____

Printed Name _____

If you are interested to read more about working with a Somatic Sex Educator, what to look for in a practitioner, and client rights here are some further resources:

<https://somaticsexeducators.com/client-checklist-for-working-with-a-somatic-sex-educator/>

<https://somaticsexeducators.com/about/>

WestSomaticSexEducation.com