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Psychotherapy and Somatic Experiencing

Welcome to my psychotherapy and Somatic Experiencing practice. Somatic Experiencing (SE) is a naturalistic form of healing that will help you learn how to settle and release physiological activation from your body. Very often this process helps people to reduce stress and return to a sense of regulation and mastery in their lives. SE will support you in learning how to attend to uncomfortable sensations in your body and gently unwind them through your conscious attention. SE is particularly useful in managing stress because so many of the symptoms are physiological. If you would like to read more about SE, visit our website at www.traumahealing.com or read *In an Unspoken Voice* by Dr. Peter Levine. During SE practice, I also draw upon psychodynamic therapy, Cognitive Behavioral Therapy, Family Systems, and Developmental Trauma Modalities (NARM).

Credentials

I am a Somatic Experiencing Practitioner (SEP) and I also hold a PCC in Counseling. I'm an LICDC as well.

If you are working with a therapist and would like to work with me to teach you SE, I might ask you to sign a release so that I might discuss your progress with your primary therapist. This is to ensure that we function as a good team working for your benefit.

Benefits and Risks

SE may offer you many benefits such as an increase in your ability to self-soothe and feel empowered. However, there may also be risks as with any treatment that focuses on healing trauma. Although SE is designed to help you resource and work with manageable amounts of discomfort, you may experience challenging feelings, images, or thoughts. Furthermore, as with any stress reduction treatment, there can be no guarantee that you will reach your goals. That said, many people report that SE has helped them tremendously and has created positive change in their lives. Learning how to reorganize "body memory" is often a vital to learning how to relax and calm your nervous system.

SE Session Format

SE sessions are done seated in a chair or couch (or on a massage table) depending on your preference. You will be asked to share an impression of the sensations that you feel in your body, such as tightness, heat, shakiness, expansion, relaxations, etc. I will teach you ways to track, or follow, these sensations with your awareness and come to a place of rebalance.

Touch

SE is not a form of massage. **I may offer you touch support for the following reasons: grounding, containment, supportive, mobilization, or awareness building. You will always be asked before being touched and have the right and my full support to decline. If you do not feel comfortable with touch, or if the session does not call for it, session work will not include touch.**

Confirmation

It is a great honor for me to work with you and share my knowledge of Somatic Experiencing. I hope to teach you skills that will help you reduce stress in your life. It takes strength and courage to explore greater self-awareness, and I feel privileged to support you in reaching your goals.

Please sign here to verify you have read and understood all of the above information.

Name _____

Date _____