

Caroldean Jude, PSEP, Internal Family Systems Informed Blue Butterfly Healing Office Policies

Somatic Experiencing & Internal Family Systems

Welcome to my Somatic Experiencing and Internal Family Systems 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* or *Waking the Tiger*, by Dr. Peter Levine. During SE practice, I also draw upon Internal Family System therapy and incorporate parts work as part of the session.

Internal Family Systems Therapy was developed by Dr. Richard Schwartz, is used around the world and is sometimes referred to as "parts work". It is a non-pathologizing map that helps you gain awareness, understanding, clarity and compassion for all of your parts. All parts of you were created at one time or another to help you survive and loving and accepting their good intentions is the path to healing and becoming whole. To learn more of the Internal Family Systems model their website is <https://ifs-institute.com>, or read the book *No Bad Parts, Healing Trauma & Restoring Wholeness with the Internal Family Systems Model*

Credentials

I am a Provisional Somatic Experiencing Practitioner (PSEP), Internal Family Systems Informed and a Trauma-Informed Yoga Teacher.

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.

Confidentiality

Everything that you share with me will remain confidential. There are a few reasons, however, I am required to break confidentiality by law. The first would occur if you were of danger to yourself and had an active plan to harm yourself. In this case I would contact the hospital to place you on a 72-hour watch. Another reason would occur if you were planning to seriously harm another person. I would be required to contact the person threatened if possible as well as the police department. Confidentiality will also be broken if I learn of child or elder abuse and will contact protective services immediately. If I learn of a child abuser from a person's past who is actively still around children, I am mandated to report him or her.

If you are a minor, I am required to share important information with your parents regarding your emotional health. This is not the case if the information you share would put you at extreme physical risk from a caregiver. Breaches in confidentiality will occur along with the same guidelines for adults above, but include a report if you are having a sexual relationship with an older peer or an adult if you are under 16 years of age.

With the wonders of technology, we will be meeting online. Please know that, although unlikely to be hacked, online communications are never fully secure. By signing this document, you acknowledge that you are entering into this format with awareness of its limitations.

Phone Calls and Emergency Contacts

Calls will generally be returned within 48 hours during regular working hours Monday-Friday unless I am out of town. I will generally tell you when I will be away from the office. I provide non-emergency service. If you have an immediate emergency, you may call your local emergency hotline or 911.

For phone calls over five minutes you will be charged \$5/min. For some clients one check in message and response can be helpful or necessary at certain times. Please keep these messages to one message cycle and let me know if you want a call back or if we can wait to discuss the issue at our next session. I will not accept texts as forms of communication other than for scheduling. One short email per week is permitted. We can discuss the contents during our next session. I will not respond via email and will only do so in person. If this level of contact in between sessions is not enough we can discuss the possibility of bi-weekly meetings until you feel ready for once a week meetings.

These limits are important so that I can be fully available to you professionally and can have thoughtful, resonant, and meaningful interactions with you.

Fees

Sessions begin at the time of the scheduled appointment and generally run 50-75 minutes. If you would like to book a longer session it will be pro-rated on the amount you pay. Sessions are \$110 and run 50-75 minutes, or 5 sessions purchased at once for \$500. I will reserve a third of my practice for students and low-income persons who may be eligible for a sliding scale.

Cancellations

If you decide that you need to cancel a session, please call me 24 hours before at (250) 215-0080. **If you do not cancel, I will expect you to pay for the missed session in full.** This means that if you have an appointment at 11:00am on Tuesday, you would need to cancel by 11:00am on Monday. This will allow me time to reschedule other clients who could benefit from the availability. These policies apply to me also. I will call you with at least 24 hours' notice if I need to reschedule. If for any reason I miss our scheduled appointment without notifying you, I will provide your next session free of charge. True emergency situations that cannot be foreseen can be negotiated (sudden illnesses, accidents, etcetera).

SE Session Format

SE sessions are done seated in a chair or couch depending on your preference in the comfort of your own home online. 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. In these sessions I will also bring in the Internal Family Systems model, creating more awareness of your parts creating clarity, compassion and space to love them all.

Touch

SE is not a form of massage. I may offer you touch support awareness online 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 and Internal Family Systems. 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_____