

CAROLDEAN JUDE, SEP,
INTERNAL FAMILY SYSTEMS INFORMED
BLUE BUTTERFLY HEALING



Somatic Experiencing and 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 a SE session, I also draw upon Internal Family System therapy and incorporate “parts work”. Internal Family Systems Therapy was developed by Dr. Richard Schwartz, 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 your parts. All your parts were created, at one time or another to help you survive, learning to love/accept 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

Somatic Experiencing Practitioner, SEP,

Internal Family Systems Informed,

Trauma-Informed Yoga Teacher, ERYT 200
RYT 500.

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. We will sometimes 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

These 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 a non-emergency service. If you have an immediate emergency, you may call your local emergency hotline or 911. 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.

Fees—Sessions

Begin at the time of the scheduled appointment and usually 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. If paying through PayPal the fee is \$115. I will reserve a part of my practice for students and low-income persons who may be eligible for a sliding scale.

To secure your appointment, clients are respectfully requested to e-transfer prior to session start time to: caroldean@bluebutterflyhealing.ca. PLEASE NOTE: Due to increased insurance costs clients outside of Canada will be charged in US Funds.

Cancellations

If you decide that you need to cancel a session, please call/text me 24 hours before at (250) 215-0080. If you do not cancel, I will expect you to pay \$100 for the missed session. This means that if you have an appointment at 11:00 am on Tuesday, you would need to cancel by 11:00 am 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).

Confirmation

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It takes strength and courage to explore greater self-awareness, and I feel
privileged to support you in reaching your goals.

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It is a great honor for me to work with you and share my knowledge of Somatic Experiencing and Internal Family Systems modalities. I hope to teach you skills that will help you to 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 below to verify you have read and understood all of the above information.

Date:

Name:

Signature: