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Informed consent to use touch in psychotherapy

When professionally appropriate, according to my clinical judgment, with your approval, and in accordance with the United States Association for Body Psychotherapy www.usabp.org I can use touch in our work together. Touch can be a very powerful deep way of healing while combined with a talk therapy. Touch can be especially effective while treating developmental trauma and preverbal attachment wounds. I am trained, in how to provide safe, “embodied touch” through many different modalities and trainings including Authentic Movement, Biofeedback, Body Mind Integration, Chiropractic Assistance, Craniosacral Therapy, Deep Tissue, Hakomi, Massage Therapy, Myofascial Release Therapy, Sensory Awareness, Sensorimotor psychotherapy, and Somatic Experiencing International Trauma Institute. At times, I may use a bodywork table for the client to lie on, to provide safe embodied holding with a combination of psychological inquiries and somatic psychotherapy work.

What kind of touch and where:

I use very gentle, light touch to hold places on the body that feel safe to touch. Holds can vary from one person to another. Examples of holds: Shoulder and knee, the feet, diaphragm, sacrum, kidneys, head, heart, chest and abdomen. The purposes of the holds are to attend to the body on the somatic level, to allow resources in, to regulate, to slow down, to relearn how to breath, to feel more connected to parts of the body that aren’t in connection, to release pent up energy and emotions, and to create co-regulation. I would follow your experiences by tracking you and asking you how are you doing. It is collaborative work.

Sexual touch is never a part of this work. Client and therapist are always fully clothed. We would talk about the differences of sexual touch and non-sexual touch. We would talk about the differences of safe touch and non-safe (intrusive, harmful touch).

I will always ask permission before using touch. You can always decide not to use touch. If at any time you feel uncomfortable – please say it right a way. In addition - if and when after the session you felt that the touch was too triggering for you, I encourage you to bring it up, so we can modify it or re assess it.

Before I use touch I would learn about your relationship to touch, your history with it, so it would help me assess the appropriate judgment of using touch.

If you are interested, we can incorporate these particular forms of touch into your therapy. It is, however, an option, and your therapy can proceed effectively without it.

I consent to the use of touch in therapy, and will make my concerns and considerations known to my therapist as they arise.

Signed: _____

Print Name: _____ Date: _____