

Somato-Respiratory Integration (SRI) Consent Form

Somato-Respiratory Integration is designed to help you become aware of your body rhythms and inner wisdom through focused attention, breath, movement, and touch. As a consequence of this heightened awareness, you will develop more inner resources to heal. SRI strengthens your inner connection through helping you develop somatic (body) awareness. This work allows for greater connections between your higher brain and your body, fostering the ability to focus your attention on your body and develop new choices for your body and for your life.

Symptoms of all types ask us to pay attention to our body, stop our usual routine, do things differently, breathe differently and even at times express emotion or make “foreign” sounds. There is healing in this and wisdom to be gained. The exercises of the 12 Stages of Healing which produce Somato (body) Respiratory (breath) Integration will be taught during your SRI sessions. These exercises will help you to experience your body more fully. As a home support program of self-care, they will also further advance in your somatic awareness and healing.

The SRI Wellness Educator does not diagnose or treat symptoms or disease. It is common for self-awareness to heighten during the course of care. Since you will be learning to pay attention to the body’s subtle cues, areas that were “disconnected” from your awareness will awaken their connection. You may experience physical sensations such as energy, vibration, heat, or at times discomfort. During and after some SRI sessions you may experience emotional shifts. Sensations may be subtle, or at times very intense, as one experiences greater depth in his/her range of healing stages.

I have read the above Notice of Intent and consent to participate in Somato Respiratory Integration. I understand that during these sessions I will be touching my body, moving, breathing, and at times verbally making statements or sounds that acknowledge my body’s experience. I understand that SRI exercises are not a replacement for any form of medical treatment.

PRINTED NAME: _____

SIGNATURE: _____ DATE: _____