

SOMATO RESPIRATORY INTEGRATION (SRI)

Consent Form

Somato Respiratory Integration and Wellness Education* is specifically designed to educate you to your body rhythms and inner wisdom through focused attention, gentle breath, movement, and touch. As a consequence of this heightened awareness, you may have more resources to heal and advance through your Network Spinal Analysis Care.

You may have had instruction in other self awareness, breathing, movement, and meditation programs, please understand that SRI is different. SRI strengthens your inner connection. With SRI you will experience having the “higher” brain, (the part responsible for consciousness and awareness), focus its attention on a region and/or sensation that was formerly repressed, discarded, denied or desensitized. 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 internally customized choices for your body and for your life.

Many of our crises occur when we become “unconscious” of our body, or a region of our body, and take it for granted, or we lose an important element of the interface between body and mind. Symptoms of all types ask us to pay attention, and that is often the last thing most people are looking to do. Symptoms force us to be in touch with 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.* With SRI care you may not need to have severe crises to help you pay better attention to yourself, and with the addition of NSA Care you will have the available tools to do this. It is easier to make frequent small reassessments and adjustments in life than to have life force you to make a sudden large change. Our intent is to help you develop the somatic habit of consistent spontaneous reassessments, self adjustments, and corrections of your body, its structure and its relationship to your life. In this way you can be more flexible and adaptable to the demands, suggestions, and encouragements in life.

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 with safety and peace. As a home support program of self-care, they will also further your advancement in NSA Care. It is our experience that these exercises allow you a positive and constructive tool that you can use to deepen the understanding, trust, and well being of your body-mind. In times of symptom crises, SRI will provide you with a method to redirect your body’s attention, release tension, and promote greater ease.

Your SRI Wellness Educator will not diagnose, treat, or offer advice on any diseases or symptom. SRI Wellness Education is not specifically about your condition or symptom. It is about you and your available and developing resources.

It is common for self-awareness to heighten during the course of care in the NSA office and during and after SRI sessions. 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. You can discover where you can touch to amplify peace, your inner “nuclear core” of energy and where you store a resource of “chi” (life

energy) for your use. You will learn to redirect your body-mind's attention from a distressing circumstance of the moment to inner safety and peace.

During and after some SRI sessions you will likely also be aware of 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 agree to participate in Somato Respiratory Integration Wellness Education. I consent to receive SRI Wellness Education, including learning the SRI exercises. I understand that during these sessions I will be touching my body, moving, breathing, and at times verbalizing my experience of my body. I understand that SRI exercises are not a replacement for any form of medial treatment.

I consent to allow my SRI Wellness Educator to touch me for the purpose of assisting me in learning and refining my experience of these exercises. I consent to allow my NSA practitioner to release information from my personal and clinical history to my SRI Wellness Educator to share personal and clinical information with my NSA practitioner. I agree to allow such communication on an ongoing basis so that the exercises and skills I am to learn can be fine-tuned to compliment my circumstance and current NSA Level of Care.

PRINTED NAME OF PRACTICE MEMBER

SIGNATURE OF PRACTICE MEMBER

DATE