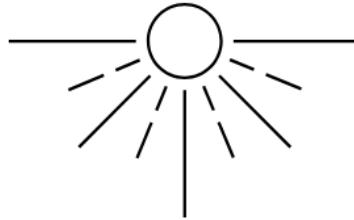




THE HOLISTIC COUNSELOR PODCAST



From the Mic to the Community

What is somatic therapy?

Understand body-focused approaches and ask about evidence and consent.



Diana S. Rice

Licensed Mental Health Counselor (LMHC)
Certified Integrative Mental Health Professional (CIMHP)
Qualified Supervisor (QS)

LEARN · REFLECT · FIND SUPPORT

[THEHOLISTICCOUNSELOR.COM/RESOURCE](https://theholisticcounselor.com/resource)

A little clarity.

Understand the topic. Find words for your questions.

You may notice a tight jaw, a racing heart, or the urge to pull away before you can explain a feeling. Some therapies include attention to these body experiences.

1 A broad group of approaches

Somatic means related to the body. Somatic therapies may include attention to sensation, posture, movement, or breathing. Somatic Experiencing is one specific approach within a much broader field.

2 Ask what the provider actually does

Different methods have different research support and training standards. Claims that a technique releases all stored trauma or cures physical illness go beyond what this guide can support.

3 Choice and medical care matter

Body awareness can feel helpful for some people and uncomfortable for others. You can keep your eyes open, decline an activity, or ask to stop. Touch should never be assumed. New or concerning physical symptoms need appropriate medical assessment.

Research & perspective

Somatic Experiencing has early research, including a small trial that assigned people to groups at random. More research is needed. Findings about this method do not apply to every body-focused practice or every condition. Ask about the exact method and its limits.

General education for adults. This is not therapy, diagnosis, or an individual treatment plan. Sources and helpful links are on page 4.

Let's pause and reflect.

Your answers can stay private. Take this at your own pace.

Choose one question or explore all three. Skip anything that feels like too much. You do not need to revisit painful details to use this guide.

1 What kind of attention feels manageable: talking, movement, or noticing the room?

2 What would help me say no to an activity?

3 What questions do I have about physical symptoms?

One next step

Ask about the method before trying it. For body symptoms, consider both mental health support and appropriate medical care.

If reflection brings up too much, pause. Reach out to someone you trust or a qualified professional. You do not have to do all of this today.

Continue the conversation.

Bring your questions. Learn more. Reach for support.

QUESTIONS TO ASK A PROFESSIONAL

- ☐ Which specific somatic approach do you use and why?
- ☐ What training and research support that approach?
- ☐ How do you obtain consent and respond to discomfort?

Listen with curiosity

[Episode 50 - Amy Hagerstrom discusses somatic work and trauma.](#)

[Episode 86 - Cathy Williams discusses movement and expressive approaches.](#)

Selected conversations are starting points, not an exhaustive list or treatment recommendations. Guests share their own perspectives.

Sources & useful resources

[Somatic Experiencing International: Research](#)

[Brom et al.: A randomized study of Somatic Experiencing](#)

Confirm services, credentials, location eligibility, and fees directly. Linked organizations operate independently.

NEED SUPPORT NOW?

United States and territories: the 988 Suicide & Crisis Lifeline supports people in emotional distress or a suicidal crisis. [Call 988](#) · [Text 988](#) · [Chat online](#)

For immediate danger or a medical emergency in the United States, call 911. Elsewhere, use your local emergency or crisis service. This podcast and its contact form do not provide crisis care.

Reading or downloading this guide does not create a therapist-client relationship. Seek qualified care for your needs. Original writing prepared for The Holistic Counselor Podcast; referenced approaches belong to their creators. Keep credits attached. Do not sell or claim this writing as your own.

[Share the resource library](#) · [Educational disclaimer](#)