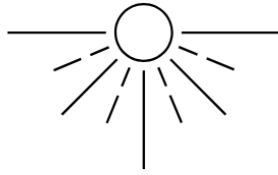


THE HOLISTIC COUNSELOR PODCAST



A LEARNING & REFLECTION GUIDE

Understanding Somatic Therapy

Questions about body-focused approaches,
evidence, and consent.

READ / LISTEN / REFLECT

Diana S. Rice

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FROM THE MIC TO THE COMMUNITY

EXPLORING THERAPY

Begin where you are.

Sometimes you notice tension, a change in breathing, or an urge to pull away before you have words for a feeling. Body-focused therapies make room for these experiences. The specific approach, your comfort, and appropriate medical care all matter.

Listen alongside this guide

Conversations from The Holistic Counselor Podcast to explore with these pages.

EPISODE 50

Somatic approaches with Amy Hagerstrom

Amy Hagerstrom discusses somatic work and trauma.

[Listen or read the transcript](#)

EPISODE 86

Movement and expressive approaches with Cathy Williams

Cathy Williams discusses movement and expressive approaches.

[Listen or read the transcript](#)

IN THESE PAGES

Understanding the topic / Make room for your questions / Keep learning. Find support.

EXPLORING THERAPY

Understanding the topic

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.

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.

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 and 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.

What if focusing on my body feels uncomfortable?

Tell the provider what you notice and ask about adapting or stopping the activity. Participation and touch require your consent. You can discuss other ways of working, including talking or noticing your surroundings. New or concerning physical symptoms also deserve appropriate medical assessment.

EXPLORING THERAPY

Make room for your questions

Choose a question that feels useful today. A few notes in your own words can be enough. Your reflections stay with you; this website does not collect them.

Type in the spaces below, or print and write by hand.

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

What would help me say no to an activity?

What questions do I have about physical symptoms?

Questions for a conversation

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?

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

EXPLORING THERAPY

Keep learning. Find support.

Sources and further reading

Editorial revision: October 13, 2026. The linked authorities provide current rules, services, and evidence.

[1. Somatic Experiencing International: Research](#)

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

Wherever you are reading from, your culture, language, beliefs, access needs, and daily circumstances belong in the conversation. Professional titles and services vary between countries. Sources and directories identify their own regions; a local health service or professional regulator can explain the options where you live.

ABOUT THIS GUIDE

These guides offer general education for adults. They do not provide personal therapy, diagnosis, medical advice, or a professional relationship with Diana. A qualified professional who can practice where you live can help you apply information to your circumstances. Changes to prescribed care belong in a conversation with your treating professional.

[Read the full educational disclaimer](#)

FROM THE MIC TO THE COMMUNITY

Keep exploring.



Read, listen, and return
at your own pace.

Scan for this guide and its episode links.

theholisticcounselor.com/resources

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IF YOU NEED URGENT SUPPORT

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988lifeline.org/chat/

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