



## Touch Consent Form

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Somatic Movement Dance Therapists ask their clients and participants to sign touch consent forms. These forms explain clearly why touch is used and delineate the type of touch practitioners use. Please sign at the bottom of this form if you are happy to receive and explore the health benefits of touch.

Touch is used across a variety of bodywork health professions. Just as cranio-osteopaths, chiropractors and massage therapists use touch, somatic moving/dancing practitioners also use touch. We do not manipulate and correct bodies while participants remain passive. In contrast, we use touch to enhance interoceptive, proprioceptive and kinaesthetic movement awareness. Participants are invited to sense-perceive and receive the quality of touch, enhancing interoception and proprioception. Touch is vital, supporting participants to develop sensory-perceptual awareness of cardio-ception and the respiratory system, for example. In the wake of Covid-19, defining why we use touch has become even more important. Additionally, still using PPE and safeguarding both practitioner and client is at the forefront of our profession. The type of touch that is used in our therapeutic field is 'subjective touch', not 'objective touch'. Subjective touch not only enhances proprioception, but is experienced through our proprioceptors. The intention of touch is to support easeful movement and self-regulation. Touch is used for the following reasons, greatly enhancing a client's ability to self-regulate and recover from sensory motor amnesia. For example, practitioners might use touch:

- To reconnect participants to their sensory-motor feedback loop
- To bring consciousness to living tissues that have fallen beneath consciousness
- To support fascial release through soft-tissue rolling
- To support skeletal-muscular alignment
- To support movement integration
- To calm and balance the nervous system (reduce sympathetic arousal and support parasympathetic ease)
- To locate particular body tissues and systems
- To teach anatomy and physiology through subjective experience and objective knowledge
- To release habituated patterns of neuromuscular holding
- To initiate movement flow and support movement fluidity

Participants Signature \_\_\_\_\_

Date \_\_\_\_\_

*I consent to exploring touch-based movement work in this session. I understand why touch is used and how touch is delineated in this practice*

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Witness

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Facilitator Signature

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Therapist Signature