

THERAPEUTIC APPROACHES

Somatic therapies

Somatic approaches work with the nervous system directly, tracking sensation, arousal and movement rather than content alone.

Where trauma and chronic stress are held physiologically, talking about the event does not always reach them. These methods build interoceptive awareness, widen the client's window of tolerance, and complete defensive responses that were interrupted at the time.

BEST SUITED TO

- Hyperarousal, panic in the body, chronic muscular tension and startle responses
- Shutdown, numbness, dissociation and the sense of not being present
- Trauma that the client cannot put into words, including preverbal and medical trauma
- Clients with good insight whose understanding has not changed how they feel
- Preparation and stabilisation ahead of EMDR or Schema Therapy imagery work

IN PRACTICE

These methods are integrated into sessions alongside other models rather than delivered as a separate program.

INDICATIVE DIAGNOSES

PTSD and complex PTSD; dissociative disorders; panic disorder; somatic symptom disorder; functional neurological symptom disorder; and chronic pain conditions.

This list is indicative rather than exhaustive. Diagnosis guides the choice of approach but does not determine it on its own.