

Dr. Danielle Alexander, DPT, SEP®, M.A., Ph.D. (c.)

Depth Psychology w/ emphasis in Jungian and Archetypal Studies

Practice Policies

Depth Psychologically oriented Somatic Experiencing®

Welcome to my depth psychologically oriented Somatic Experiencing® practice.

Somatic Experiencing® (SE) is a naturalistic form of healing that will help you learn how to settle and release physiological activation from your body. Very often this process helps people to reduce stress and return to a sense of regulation and mastery in their lives. SE will support you in learning how to attend to uncomfortable sensations in your body and gently unwind them through your conscious attention. SE is particularly useful in managing stress because so many of the symptoms are physiological.

If you would like to read more about SE, visit our website at www.traumahealing.org or read *In an Unspoken Voice* by Dr. Peter Levine. During SE practice, I also draw upon Jungian psychodynamic theory, Archetypal Psychology, Jungian Analysis, Dream Tending, Family Systems, and Developmental Psychophysiology. [You can read more about my methodology here.](#)

Credentials

Though SE is often used in conjunction with psychotherapy, I **do not** offer psychotherapy. I am a Somatic Experiencing Practitioner®, Doctor of Physical Therapy, and Depth Psychology PhD candidate. I am **not** a licensed psychotherapist. This means I do not provide mental health diagnoses, prescribe medication, or bill insurance.

I have worked with groups of various populations including women, men, veterans, and other at-risk populations.

This history has offered resources combining creative depth psychological practices with approaches to trauma renegotiation. Drawing on this background, if desired, I may propose movement, writing, dream tending or other creative/expressive exercise to complement the tools of Somatic Experiencing®. I also have experience as a doctor of physical therapy that deeply informs the way I listen to and interact with bodies.

Benefits and Risks

SE may offer you many benefits such as an increase in your ability to self-soothe and feel empowered. However, there may also be risks as with any treatment that focuses on healing trauma. Although SE is designed to help you resource and work with manageable amounts of discomfort, you may experience challenging feelings, images, or thoughts.

Furthermore, as with any stress reduction treatment, there can be no guarantee that you will reach a finish line of any kind.

Like any other treatment, it may also have unintended negative side effects, such as sleep disturbances, frightening memories, or unfamiliar and uncomfortable body sensations. Such reactions are not uncommon and **can be** attended to in the course of our work together.

That said, many people report that SE has helped them tremendously and has created positive change in their lives. Learning how to reorganize “body memory” is often vital to learning how to relax and calm your nervous system.

Confidentiality

Everything that you share with me will remain confidential. There are a few reasons, however, I am required to break confidentiality by law. The first would occur if you were of danger to yourself and had an active plan to harm yourself. In this case, I would contact the hospital to place you on a 72-hour watch. Another reason would occur if you were planning to seriously harm another person. I would be required to contact the person threatened if possible as well as the police department. Confidentiality will also be broken if I learn of child or elder abuse and will contact protective services immediately. If I learn of a child abuser from a person’s past who is actively still around children I am mandated to report him or her.

If you are a minor, I am required to share important information with your parents regarding your emotional health. This is not the case if the information you share would put you at extreme physical risk from a caregiver. Breaches in confidentiality will occur along with the same guidelines for adults above, but include a report if you are having a sexual relationship with an older peer or an adult if you are under 16 years of age.

With the wonders of technology, we are able to meet online. That said, I will not perform a session with you while you are operating a vehicle, given the risk, liability, and inability to fully give your attention to the work. I will ask you to reschedule the session.

Please know that, although unlikely to be hacked, online communications are never fully secure. By signing this document you acknowledge that you are entering into this format with awareness of its limitations.

Contact and Emergency Contacts

Contact with clients will generally be returned within 48 hours during regular working hours Monday-Friday unless I am out of town. I will communicate with you when I am away from the office. If you have an immediate emergency you may call your local emergency hotline or 911.

For some clients a check in message and response can be helpful or necessary at certain times. I will not accept texts as forms of communication, other than for scheduling. If you send a short email, we can discuss the contents during our next session. If this level of contact in between sessions is not enough we can discuss the possibility of bi-weekly meetings until you feel ready for once a week or less meetings.

These limits are important so that I can be fully available to you professionally as well as emotionally. Then, we can have thoughtful, resonant, and meaningful interactions together.

Fees

I implement a sliding scale for individuals to practice autonomy and choice around financial investment. Sessions range from \$125-\$175. You can read more about the sliding scale [at the bottom of this page](#). Session duration will begin at the time of the scheduled appointment and run 55 minutes. If you would like to book a longer session it will be pro-rated on the amount you pay. I reserve a third of my practice for students and low-income persons who may be eligible for a scholarship rate below the \$125 range of the scale.

Cancellations

If you decide that you need to cancel a session **please call or text me 24 hours before** at (301)-268-8537. I will send out a reminder email the day before your session. If you do not cancel, I will expect you to pay for the missed session in full. This means that if you have an appointment at 11:00am on Tuesday, you would need to cancel by 11:00am on Monday. This will allow me time to reschedule other clients who could benefit from the availability. These policies apply to me also. I will call you with at least 24 hours notice if I need to reschedule. If for any reason I miss our scheduled appointment without notifying you, I will provide your next session free of charge. True

emergency situations that cannot be foreseen can be negotiated (sudden illnesses, accidents, or unpredicted loss of childcare).

SE Session Format

SE sessions are done seated in a chair or couch depending on your preference. You will be asked to share an impression of the sensations that you feel in your body, such as tightness, heat, shakiness, expansion, relaxation, etc. I will teach you ways to track, or follow, these sensations with your awareness and come to a place of rebalance.

Touch

SE is not a form of massage. I may offer you touch support for the following reasons: grounding, containment, supportive, mobilization, or awareness building. You will always be asked before being touched and have the right and my full support to decline. If you do not feel comfortable with touch, or if the session does not call for it, session work will not include touch.

Confirmation

It is a great honor for me to work with you and share my knowledge of Somatic Experiencing®. I hope to teach you skills that will help you reduce stress in your life. It takes strength and courage to explore and deepen your level of self-awareness, and I feel privileged to support you in that process.

Consent to Participate in Sessions

Please read the following statements and sign below so that we are clear about the parameters of our sessions. If you have any questions, please discuss them with me.

- I give Danielle Alexander permission to facilitate 1:1 inner exploration using the modalities of Somatic Experiencing®, depth psychology, and other creative explorations.
- I understand that at termination of sessions, a closure session is generally recommended.
- I have read through the Terms and Conditions and understand that Danielle Alexander does **not** provide licensed psychotherapy.
- I understand any information I provide during SE sessions with Danielle is confidential. Danielle will not disclose information without my consent except as indicated below:
 - If I demonstrate a credible threat to harm myself or others.
 - Any information that indicates neglect or abuse of a minor child or dependent adult or elder abuse.

- Except in the case of gross negligence or malpractice, I agree to fully release and hold harmless Danielle Alexander from any and all claims or liability arising out of or in connection with my session(s).
- I have read the above informed consent, understand, and agree to it.

Please sign here to verify you have read and understood all of the above information.

Name _____

Date _____