

## Somato Respiratory Wellness Education Information and Notice of Informed Consent

**Somato Respiratory Integration™ Wellness Education\*** is specifically designed to educate you to your body rhythms and inner wisdom through focused attention, gentle breath, motion, and touch. As a consequence of such heightened awareness, you may have more resources to heal and advance through your Network Spinal Analysis Care.

Although you may have had instruction in other self-awareness, breathing, movement, and meditation programs, please understand that SRI is different. Rather than attempting to “strengthen” a muscle group or body part, SRI strengthens your inner connection. With SRI you will experience having the “higher” brain focus its attention on a region and/or sensation that was formerly repressed, discarded, denied or desensitized. This work allows for greater connections between your higher brain and your body, fostering the ability to focus your attention on your body and develop internally customized structural choices for your body and for your life.

Many of our crises occur when we become “unconscious” of our body, or a region of our body, and take it for granted, or we lose an important element of the interface between body and mind. Symptoms of all types ask us to pay attention, and that is often the last thing most people are looking to do. Symptoms force us to be in touch with our body, stop our usual routine, do things differently, breathe differently and even at times express emotion or make “foreign” sounds. There is healing in this and wisdom to be gained. It is hoped that with SRI care you will not need to have a severe crisis to help you to pay better attention to yourself, and with the addition of NSA Care you will have the available tools to do this. It is easier to make frequent small reassessments and adjustments in life than to have life force you to make a sudden large change. Our intent is to help you develop the somatic habit of consistent spontaneous reassessments, self-adjustments, and corrections of your body, its structure, and its relationship to your life. In this way you can be more flexible and adaptable to the demands, suggestions, and encouragements of life.

Although many methods for healing may use varied breathing techniques, body motion, emotional “release,” or self-touch to produce an altered experience, few produce as powerful a total body response and give you the practical “take home” skills that SRI does. Practice Members in NSA care commonly remark that NSA is the most powerful wellness and healing modality they have ever experienced. Many say the same about SRI as an empowering self-help and self-advancement tool. We offer you the benefits of the additive value of both systems.

The exercises of the 12 Stages of Healing which produce Somato (body) Respiratory (breath) Integration will be taught in group/private sessions. These exercises will help you to experience you body more fully with safety and peace. As a home support program of self-care, they will also further your advancement in Network Care. It is our experience that these exercises allow you a positive and constructive tool that you can use to deepen the understanding, trust, and well being of your body-mind. In times of symptom crises, SRI will provide you with a method to redirect your body’s attention, release tension, and promote greater ease.

Your SRI Wellness Educator will not diagnose, treat, or offer advice on any disease or symptom. SRI Wellness Education is not specifically about your condition or symptom. It is about you and your available and developing resources.

It is common for self-awareness to heighten during the course of care in the NSA office and during and after SRI sessions. Since you will be learning to pay attention to the body's subtle cues, areas that were "disconnected" from your awareness will awaken their connection. You may experience physical sensations such as energy, vibration, heat, or at times discomfort. You can discover where you can touch to amplify peace, your inner "nuclear core" of energy and where you store a resource of "chi" (life energy) for your use. You will learn to redirect your body-mind's attention from a distressing circumstance of the moment to inner safety and peace.

During and after some SRI sessions you will likely also be aware of emotional shifts. Sensations may be subtle, or at times very intense, as one experiences greater depth in his/her range of the healing stages.

When utilizing these exercises during this program or after, if you are uncomfortable with your experience and/or if fear or helplessness occur, slow your breathing rhythm and/or use less breath. Focus on directing movement into chest or abdomen. Remove your hands from the area of distress and redirect your attention to an area of comfort, or peace.

*I have read the above Notice of Intent and agree to participate in Somato Respiratory Integration Wellness Education. I consent to receive SRI Wellness Education, including learning the SRI exercises. I understand that during these classes I will be touching my body, breathing, and at times verbalizing my experience of my body. I understand that SRI exercises are not a replacement for any form of medical treatment.*

*I consent to allow my SRI Wellness Educator to touch me for the purpose of assisting me in learning and refining my experience of these exercises. I consent to allow my NSA practitioner to release information from my personal and clinical history to my SRI Wellness Educator. I also give consent to my SRI Wellness Educator to share personal and clinical information with my NSA practitioner. I agree to allow such communication on an ongoing basis so that the exercises and skills I am to learn can be fine-tuned to compliment my circumstance and current NSA Level of Care.*

Name of SRI Wellness Educator: \_\_\_\_\_

Practice Member's Name: \_\_\_\_\_  
(Please Print)

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

\*Dr. Donald Epstein is the developer of Somato Respiratory Integration, Network Spinal Analysis, revolutionary models of wellness, author of *Healing Myths, Healing Magic, The 12 Stages of Healing, and The Boomerang Principle*. All of these books are suggested reading to further advance your wellness education and healing journey.