

Somatic experiencing (SE)

Questions Before Considering Somatic Experiencing

Adults | 10 to 15 minutes

Somatic Experiencing is a named body-oriented approach used by some practitioners. This page supports questions about the practitioner's qualifications, proposed methods, and evidence relevant to your concern. It does not provide an SE session or claim that bodily sensations prove stored trauma.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Ask what will actually happen

Request plain descriptions of proposed activities, the goal of each, and available alternatives. Ask what claims are supported and where uncertainty remains. You do not need to accept a biological explanation to ask informed questions.

Make consent specific

Discuss whether attention to sensations, movement, or touch would be proposed. You can decline any element, keep your eyes open, or stop. Ask how pain, disability, panic, dissociation, and medical symptoms will be considered.

1. What present concern would you want the practitioner to address?**2. What activities, qualifications, and evidence would you like explained before deciding?****3. What body-attention, movement, or touch preferences should be respected?****4. What alternatives and stop procedures would help you retain choice throughout care?****Clinical use and adaptation**

Use only as preparation for informed discussion. Do not claim autonomic resetting, discharge of stored trauma, or superiority to established treatments. Assess medical and dissociative concerns, maintain scope, and make any touch explicitly optional with ongoing consent.