Be My Neighbor Counseling

Somatic Wellness Coaching Consent

Consent, Role Boundaries, and Client Choice

Phone: 406-414-7011 | Email: bemyneighborcounseling@gmail.com

I am also a Certified Somatic Wellness Coach. Somatic wellness coaching is distinct from psychotherapy and may be incorporated only when appropriate, within training and scope, and with the client's ongoing consent.

What Somatic Wellness Coaching May Include

Somatic wellness practices may explore awareness of physical sensations, breathing, grounding, movement, body awareness, stress responses, and the relationship between bodily experiences and emotional wellbeing. Some people find these practices supportive when working with stress, emotional regulation, or trauma-related experiences.

Role Boundaries

If we choose to engage in somatic wellness coaching during a session, I will identify that we are shifting into the somatic wellness role. During that portion of the session, the primary focus will be wellness and body-based practices rather than psychotherapy, diagnostic assessment, or intensive psychological processing.

Somatic wellness coaching does not diagnose or treat medical conditions and does not replace psychotherapy, medical care, psychiatric care, physical therapy, or other healthcare services.

Consent & Client Autonomy

You are the driver of this work. Consent is ongoing and can be withdrawn at any time. You never have to participate in a body-based exercise because you feel pressured, because you previously agreed, or because you think you are expected to do so.

☐ I can say yes.

☐ I can say no.

☐ I can ask what an exercise involves before deciding.

☐ I can ask to stop an exercise immediately.

☐ I can change my mind at any time.

☐ I can request a different counseling approach.

☐ I can ask to return to counseling rather than continue with somatic coaching.

Potential Benefits and Risks

Potential benefits may include increased awareness of bodily sensations, grounding, relaxation, emotional regulation skills, and identification of patterns between stress and physical experience. Some body-focused exercises can also bring up discomfort, strong emotions, unexpected memories, dizziness, or other reactions. You should communicate immediately if an exercise feels uncomfortable, unsafe, or unhelpful.

Physical Safety

You are responsible for informing me about relevant physical limitations or medical concerns that could affect participation. I may recommend that you consult a medical professional when a concern falls outside my training or scope. Somatic wellness coaching is not medical treatment.

No Requirement to Process Trauma

You do not need to disclose or process traumatic experiences in order to participate in somatic wellness practices. We will prioritize your safety, choice, pacing, and consent.

Client Acknowledgment

☐ I understand that somatic wellness coaching is distinct from psychotherapy.

☐ I understand that participation is voluntary.

☐ I understand that I may stop or change an exercise at any time.

☐ I understand that somatic wellness coaching does not replace medical or mental healthcare.

☐ I understand the counselor's role boundaries during somatic wellness coaching.

☐ I have had an opportunity to ask questions.

Client Name: _____

Client Signature: _____

Date: _____

Supervision Information

I am currently a graduate student in a Mental Health Counseling program and provide services under clinical supervision. My supervisor's information is listed below.

Clinical Supervisor:	Onnie Michalsky
Professional License:	MA, EdS, LCPC, NCC
License Number:	LIC#38831
Supervising Organization/Practice:	DBA Mom's Without Capes onnie@momswithoutcapes.com