

# The Oxytocin Alignment™: Consent & Boundary Framework

Professional touch is a powerful tool for nervous system regulation, but its efficacy relies entirely on a foundation of absolute safety, transparency, and mutual respect. This framework outlines the standards I uphold in every somatic session.

## 1. The Nature of the Session

- **Fully Clothed:** All somatic sessions are conducted with the client fully clothed. I recommend wearing comfortable, loose-fitting clothing.
- **Platonic & Professional:** The touch used is strictly therapeutic and platonic, designed solely to facilitate nervous system regulation and somatic restoration.
- **The Goal:** We focus on moving the body from a "Sympathetic" (fight/flight) state to a "Parasympathetic" (rest/digest) state.

## 2. Pre-Session Mapping & Agreement

- **The Consultation:** Before any touch occurs, we will discuss your comfort levels, past experiences, and any areas of the body that are "off-limits."
- **Specific Consent:** I will explain exactly where I intend to place my hands (typically the back, shoulders, head, or feet) and ask for explicit verbal consent before beginning.
- **The "Stop" Protocol:** You have the absolute right to pause, adjust, or end the session at any time, for any reason, without explanation. Your "no" is final and respected instantly.

## 3. Professional Boundaries

- **Environment:** Sessions take place in a professional, neutral, and quiet setting designed for relaxation.
- **Dual Roles:** While we may use psychological coaching alongside somatic work, the boundaries of the professional relationship remain consistent. I am your practitioner, and our focus remains on your progress.
- **Ethical Alignment:** While I operate outside the BPS remit for somatic work, I voluntarily apply the same core principles of **Beneficence** (acting in your best interest) and **Non-maleficence** (doing no harm).

## 4. Emotional Safety & Aftercare

- **The Release:** Somatic work can sometimes trigger an emotional release. This is a natural part of the "thawing" of the nervous system. I am trained to hold a calm, non-judgmental space for whatever arises.
- **Post-Session Guidance:** We will always conclude with a grounding period to ensure you feel "back in your body" and steady before leaving the session.