

# Understanding Biodynamic Treatment

## *Clinical Approach & Informed Consent*

### Our Therapeutic Environment

This practice provides a **sanctuary for stillness within your own body**. To help us perceive subtle physiological shifts, I maintain a quiet, unrushed, and reflective treatment space.

- **A Dedicated Space:** Maintaining a calm, distraction-free environment is a clinical priority. To support this, I may occasionally suggest that accompanying family members wait in the reception area.
- **The Treatment State:** The process is often most effective during deep relaxation. You are invited to rest in this quietude as your system supports its own natural reorganisation.

### Method & Patient Autonomy

- **Approach:** Treatment is non-invasive, uses no physical force, and you remain fully clothed. I use gentle manual contact—on areas such as the head, spine, pelvis, limbs, jaw, throat, sternum, or abdomen—to support your body's inherent health.
- **Control & Safety:** You are in charge of your session. You may withdraw consent, ask questions, or stop the treatment at any time.
- **Inner Experience:** As you settle into deep therapeutic rest, sensations or images may arise. My role is to support the stillness beneath these layers, so there is no need for you to follow or verbally process them. You may find the treatment most effective if you release the need to focus, and allow yourself to rest deeply in a state of semi-sleep.
- **Clinical Enquiry:** I may ask specific questions regarding your lifestyle, history, and broader health context to ensure clinical safety and support your system's self-regulating processes. You remain in control and may share only what you feel comfortable with.

### Paediatric & Family Care

A child's wellbeing is linked to their environment. Sessions may involve a flexible sequence where I support both parent and child to establish a **collective balance**. If treatment is indicated for multiple family members, each individual's needs are addressed within a coordinated care framework.

## Expectations & Aftercare

Generally, **three treatments over two to four weeks** are often beneficial to establish clinical momentum, unless an acute presentation requires more frequent, shorter interventions.

- **Recovery:** You may experience 24–48 hours of fatigue, soreness, mood shifts, or unfamiliar symptoms as your system adjusts. This is a natural part of the integration process.
- **Monitoring:** I avoid over-treatment in a single session to ensure a balanced response. However, if sensations persist beyond 48 hours, please reach out. We can then determine if your system requires further support.
- **Ongoing Care:** After your initial series, we will collaboratively decide on the best path forward based on your unique progress.

### Urgent Medical Monitoring

While this approach is exceptionally gentle, please seek immediate medical attention (GP or Emergency Department) if you experience:

- **Neurological:** New or progressing numbness, weakness, "pins and needles," saddle-area numbness, or sudden changes in balance, speech, or vision.
- **Function & Pain:** New changes in bladder/bowel function; severe, progressive pain; or deep pain that prevents sleep and cannot be eased by position.
- **Systemic:** Fever, chills, or significant unexplained weight loss.

## Consent

You are encouraged to ask questions or make specific requests prior to every treatment. Consent is documented at the time of your session, and you are always free to withdraw it at any point.