

# Understanding Biodynamic Treatment: Clinical Approach & Informed Consent

## Our Therapeutic Environment

My clinical approach emphasises a focused perception of subtle bodily expressions and shifts within the nervous system. This observational practice is supported by a quiet, unrushed, and silent clinic space dedicated entirely to your care. By maintaining this tranquil environment, we create the necessary conditions to observe the finer physiological rhythms and self-regulatory processes of the body.

## Clinical Focus & Environment

To ensure the highest level of clinical clarity and focus during your session, I prioritize maintaining a dedicated and calm environment within the treatment room.

- **Individual Sessions:** To support a focused assessment, I may occasionally suggest that accompanying partners or family members wait in the reception area. This allows for a clinical space where we can focus entirely on your body's responses and physiological shifts without external distraction.
- **Family Presence:** We will determine together when it is appropriate for others to remain in the room, ensuring the clinical needs, privacy, and comfort of the patient are the primary focus of the session.

## The Treatment State

Healing is often most effective during deep relaxation or "semi-sleep." In this practice, **stillness and silence** are the primary doorways to change. You are invited to rest in this quietude as the body initiates its own reorganisation.

## Method & Manual Contact

- **Approach:** Treatment is non-invasive, uses no physical force, and you remain fully clothed.
- **Contact:** I gently place my hands on areas such as the head, spine, pelvis, or limbs. The face, jaw, throat, sternum, or abdomen may also be involved.
- **Your Control:** You are in charge of your body. **You may withdraw consent or ask to stop the treatment at any time.**

## **Emotional Safety & Internal Process**

As the body settles during treatment, you may become aware of various layers of personal experience or history. My clinical approach emphasises supporting the state of stillness underlying these experiences, rather than requiring you to analyse or revisit them.

Your internal process is fully respected, and you remain in control of your experience at all times. There is no expectation or pressure to share specific personal details; the focus remains on providing a safe, professional space for your body's natural regulatory process.

## **Paediatric & Family Care**

When working with infants and children, I recognize that a child's wellbeing is closely linked to the family environment. My approach focuses on supporting this collective balance.

To create the most supportive conditions for an infant, a session may involve a flexible sequence where I offer support to both the parent and the child. Where clinical treatment is indicated for both, I ensure that each individual's needs are addressed.

This gentle osteopathic approach is designed to support the body's inherent self-regulatory mechanisms. I work with the patient's existing vitality to encourage a return to more balanced physiological function.

## **Expectations & Aftercare**

Generally, **a series of three treatments over two to four weeks is recommended** to establish clinical momentum. This timeframe allows us to monitor your body's response and make an informed, collaborative decision regarding the most appropriate path forward for your ongoing care.

Following a session, it is common to experience changes such as fatigue, mild soreness, shifts in mood or an emergence of unfamiliar symptoms. These are typically part of the natural recovery process. However, if you have any concerns or if symptoms persist beyond 48 hours, please reach out to the clinic.

**Please seek immediate medical attention if you experience:**

- A progression of severe pain.
- New numbness or weakness.
- Changes in bladder or bowel function.

**You will have the opportunity to ask questions, express concerns or make specific requests prior to every treatment.**