

Understanding Biodynamic Treatment: Clinical Approach & Informed Consent

Sensory Focus & Environment: I work with a heightened kinaesthetic sensitivity - developed following neurosurgery at birth. This allows me to perceive subtle bodily expressions and nervous system shifts, often before they are consciously felt or voiced. To support this, I maintain a quiet, unrushed clinic space where I can dedicate my full awareness to your care.

Holistic History: Our sessions may touch upon your lifestyle, personal history, and family lineage. This broader context helps us identify your therapeutic potential within a supportive, non-judgmental space.

The Treatment State: Healing is often most effective during deep relaxation or a "semi-sleep" state. In this practice, stillness and silence are the primary doorways to physiological change.

Method & Contact: Treatment is non-invasive, uses no physical force, and you remain fully clothed. I gently place my hands on your head, spine, pelvis, or limbs; the face, jaw, throat, chest, or abdomen may also be involved depending on your needs. Please let me know of any specific vulnerabilities or areas you prefer not to be touched.

Emotional Safety: As the body settles, layers of personal or ancestral history may surface during or in the days following a session. You are encouraged to feel for the stillness behind the experience, rather than becoming submerged in the experience itself. While I am here to support you, there is no pressure to share these details unless it feels essential to your process.

Integration & Aftercare: As you integrate the treatment, you may experience fatigue, soreness, emotional shifts, or unfamiliar sensations. These are typically signs of the system reorganizing. If unexpected symptoms persist beyond 48 hours, please reach out; a brief check-in or follow-up may be needed to help your system fully integrate.

Expectations & Momentum: Outcomes vary by individual. Generally, three treatments scheduled over two to four weeks establish the necessary therapeutic momentum. Following this initial phase, we will review your progress and tailor a recommendation for the frequency of future care.

Paediatric Care: When treating infants, I prioritize the family's collective "Health." We begin by establishing a calm, grounded presence among the attending adults; this creates a regulated field that supports the infant's settling, ensuring they are available for quiet, unobtrusive treatment.

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