

Radhe Lesny, LMFT, SEP

License #MFC24495

Licensed Marriage and Family Therapist
Somatic Experiencing Practitioner®

INFORMATION SHEET FOR PARENTS

RECOMMENDATIONS REGARDING SOMATIC WORK WITH CHILDREN

- Our first session is the intake with adults only where I will gather the details of your child's history, symptoms, and behaviors.
- In this session, we will decide if it's a good match. Sessions are weekly for the first six months, and then we can evaluate the frequency after that as needed.
- When I work with children, it is often beneficial to work with one of the parents, because parents are holding the healing container for the child. The support of the parents is crucial for helping the child heal.
- Building a sense of safety for your child is always my intention.
- It is best if we don't discuss adult matters in front of your child.
- I will communicate with you when we meet for check in sessions and by email regarding your child's progress. You are always welcome to email me about any concerns you are having.

Office Location: 2255 Morello Avenue, Suite 225, Pleasant Hill, California

Appointments: 925-413-4093

www.radhelesny.com

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SOMATIC TABLE WORK FOR CHILDREN

- It is necessary for you to be present during table work sessions.
- Please keep conversation to a minimum while the child is on the table.
- It is not necessary for your child to discuss stressful content for healing to take place.
- If there is something happening that I should know about, please email me at least 24 hours before our session if at all possible.
- There may be times that I need you to sit next to me at the table and other times that you can sit away and relax.
- While your child is in session with me, please allow me to handle behaviors.
- As your child enters a state of relaxation and regulation, they may look to you for connection. They may seek eye contact or want to snuggle. Please feel free to meet these needs when they arise.

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AFTER SESSION

- The longer your child can stay in this regulated state, the more they will maintain it, and the more healing that can take place.
- Please do not question your child about what took place in the session. This allows for deeper integration. When you leave the office, the two of you will be co-regulating to maintain and enhance the healing.
- Try to avoid high-energy activities after the session.
- Please wait for an hour or two to focus on homework.
- Drink water and rest with your child after the session for good self-care.
- It's helpful to note anything different or unusual directly after the session and throughout the week, and notice how long it lasts (e.g. fatigue, agitation, calm, cooperation, etc.).
- To support your child's self regulation, you will be watching for signs of your child going in and out of regulation.
- When your child is out of regulation, they may cry, complain, isolate, have a tantrum, feel angry, or anxious.

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- When your child is out of regulation, your job is to support bringing them back to regulation by:
 1. Reducing activation in the environment
(e.g. sensory stimuli, sibling challenges, etc.)
 2. Staying with the child while they calm down.
- Please use connecting time rather than “time out” when your child is acting out.
- When both parents are in agreement about the treatment and parenting strategies, children tend to improve faster.
- When at least one parent also receives somatic treatment with me or another recommended Somatic Practitioner, this helps the parent stay calm during intense times. It also gives a much deeper understanding of what the child is experiencing.

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