

HANDY GUIDE TO FINDING A TRAUMA INFORMED BODYWORKER



Clear communication, boundaries, and consent are the most important ethics for a bodyworker to observe. Consent should be practiced in communication, draping, areas of touch, techniques, and pressure. A good provider should be willing and able to meet you where you are at and hold space for you without centering themselves. It is okay to get up and leave if you feel uncomfortable or unheard at any time.

Here are some questions to ask that may help determine if your provider is safe to work with and trauma informed:

- What is your experience working with individuals who have experienced trauma, particularly survivors of sexual assault? What does it mean to you to be trauma informed?
- What techniques do you use to treat and/or release trauma stored in the body?
- I'm afraid of being getting emotional on the table. What happens if I cry or get upset or triggered?
- What should I wear? Can I keep my clothes on if I'm not comfortable dressing down?
- What sort of draping do you use in your sessions?
- Are you open to my feedback during the session regarding comfort, pressure, and touch? Is it okay for me to stop the session at any time if I am not comfortable?
- Is there anyone who is a current or former client of yours who is also a trauma survivor, and would be willing to talk with me and share their experience?