



# Trauma-informed **SOMATIC THERAPY**



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# SOMATIC EXPERIENCING® THERAPY

## CLIENT ENGAGEMENT OVERVIEW

### About the Process

Somatic Experiencing (SE) is a body-oriented approach to healing stress and trauma by working gently with sensations, impulses, and the nervous system. The process is collaborative, paced slowly, and grounded in safety and consent.

Approach in SE is different from conventional talk therapy or Cognitive Behavioural Therapy (CBT). In SE, the focus is on helping the body and physiology to connect with and release the locked up fight, flight, or freeze energies from itself through a carefully guided process by the SE Practitioner.

### What Our Engagement Includes

- One-on-one online sessions
- In-person sessions (if mutually agreed upon)
- Gentle, titrated work with sensations and patterns
- Integration practices between sessions when appropriate
- Ongoing assessment and nervous system tracking
- Integration of yogic depth psychology, coaching, family constellation, āsana - prāṇāyāma, and reiki practices.
- Confidential, ethical professional practice

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## Know Your Therapist



### **Hariprasad Varma**

Hari is an internationally accredited Transformation Coach, Yoga Therapist, and Somatic Coach. His work has impacted and transformed over 10,000 professionals and leaders across 25 countries in the past ten years.

### **Credentials & Accreditations**

- Somatic Experiencing (Intermediate Level)
- Transformational Coaching
- Yogic Depth Psychology
- Yoga Therapy (C-IAYT) & Yoga Teaching (RYT500)
- Family Constellation & Transgenerational Trauma Work
- Reiki & Pranic Healing
- Past Life Regression (PLR)
- Emotional Alchemy
- Inner Child Work
- Applied Theatre Practitioner
- Neuro-Linguistic Programming (NLP)
- Tarot

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## Your Role As Client

- Arrive on time.
- Ensure a quiet, uninterrupted space.
- Stay curious and communicate your comfort levels
- Share concerns or discomfort anytime during the process.

## My Role As Therapist

- Provide you a safe, attuned, regulated presence.
- Maintain confidentiality and professional boundaries.
- Work within your window of tolerance.
- Offer referrals if SE is not the right modality for you.

## Confidentiality

All sessions are confidential except in cases of risk of harm, legal requirements, or your explicit written consent.

## Contact Information

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Learn More About SE

## **Listen to My Podcast - Sōma Maṇḍala**

On healing trauma through the Somatic Experiencing method, in conversation with my mentor Efu Nyaki, student of Peter Levine (Founder of the SE Method).



**Read More**

[Trauma Healing\\_Dot\\_Org](https://traumahealing.org)