



KRISTINA KOSMAC

**STICKSNSTONES**

# What to expect following a Somatic Therapy Session

*(EMDR, Havening, Polyvagal Safe and Sound program, Internal Family Systems, Sand Play or Expressive Therapies)*

Expressive Therapies (ET), sand play therapy, EMDR, Havening, Internal family Systems and The Safe Sound program are approaches to counselling that uses the body and emotions for healing. These approaches must be provided by qualified therapists. The aim is to reconnect the mind, body, and feelings through emotional integration. Often intense emotions from traumatic experiences (birth trauma, early childhood trauma and recent trauma) can become stored or imprinted in the body. Somatic therapies safely support the child / young person / adult to become aware of these 'memories' by gently identifying and slowly releasing the underlying emotion, memory consolidation and changes how memory is stored in the brain and the body which may be causing current life challenges. These therapies are a holistic way of working with people. They provide the opportunity for long term change through identifying 'something that is not quite right' in the body. These therapies assist with engaging the body somatically and in resolving emotional issues and the reengaging of empathic relationships with self, family and friends.

Sometimes following a session can be confusing, clients can have a range of emotions i.e.

- Tiredness
- Sadness
- Happiness
- Anger
- Confusion
- Bad Dreams
- Increased anxiety



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## How can I support myself/someone else through this process?

Sometimes others may notice that a child/ family member is either tired, sad, confused or experiencing happy and joyful feelings. It is important for carers to support their children by letting them know that these are normal feeling and encouraging them to just listen to their body. It is important that family members do not interpret what is occurring for the person who has experienced sand play. Please call me if you have any queries or concerns, but remember these feelings are a normal feeling. Remember it usually takes 48 hrs for processing. If symptoms persist, please make contact .

I ENCOURAGE clients/ carers/ parents to speak up if there is anything that you / they don't feel comfortable with or you want to change, such as music, room temperature and methods used. Or clients are not ready . Carers, support people and parents play a large role in this therapy and can sometimes feel worried re the symptoms that occur following a processing session. It is important that these people reach out if there is something concerning them. Some clients are concerned about 'getting it right' but we work together to find ways that are most suitable to your personal learning and communication style. Kristina integrates these therapies with a range of other therapeutic modalities including family therapy and systemic approaches, Internal Family Systems Therapy and other “parts” models, cognitive behavioural approaches, behavioural techniques, and mindfulness.