

Somatic Therapy

ALLIED HEALTH PROFESSIONAL REFERRAL GUIDE



Who I am and WHAT I DO

At Body Mind Reset, I work with clients whose stress and trauma physiology isn't resolving through manual therapy or standard healthcare interventions alone.

I am Alex Papaconstantinou, a Somatic Experiencing Practitioner, and Somatic Educator and Bodyworker with advanced training in somatic touch work and a specialization in complex, developmental, attachment, sexual, and relational trauma. My work is body-based and focused on stress physiology. I am not a psychotherapist or medical practitioner, but I work collaboratively with both.

I offer sessions and short-term intensives in-person in Toronto and the GTA and online internationally. If you notice that a client's fascial or muscular tension returns quickly after treatment, or that touch or routine procedures provoke unexpected autonomic or emotional reactions, I would be glad to be a potential referral.

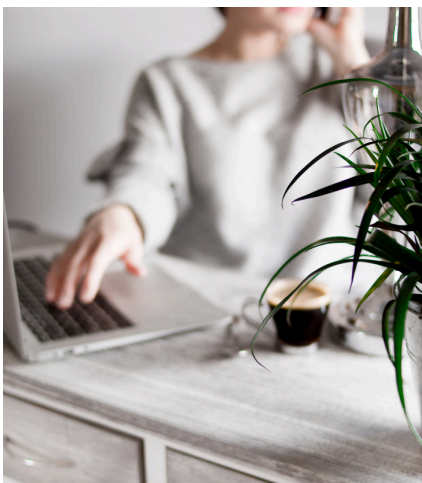


What I OFFER

As an SEP and somatic touch work specialist, I work with clients whose bodies are holding stress patterns that don't fully resolve through manual or medical care. Using Somatic Experiencing and somatic touch work, I work directly with the physiological responses that often underlie chronic muscle tension, shutdown, or heightened reactivity to touch.

What can look like physical resistance or poor treatment response is frequently the body's protective response to perceived threat. By addressing survival physiology directly, I help clients build greater tolerance for touch, expand their capacity for co-regulation, and integrate physical changes more durably.

Bodyworkers and healthcare providers often find that clients return from somatic work more receptive to treatment, with less guarding and more capacity to hold the changes made in session. This approach addresses the physiological layer that manual and medical interventions alone don't always reach.



Questions? I'm
happy to meet for
a 15 minute
educational call.

What Is SOMATIC EXPERIENCING

Somatic Experiencing (SE) is a naturalistic, body-based approach to resolving trauma and chronic stress, developed through the study of stress physiology, ethology, neuroscience, and biology. It is neither psychotherapy nor a standard bodywork technique, though it integrates well with both.

SE is based on the observation that animals in the wild routinely face threat without becoming traumatized, because they naturally complete the physiological arousal cycle associated with survival responses. In humans, this cycle is often interrupted, leaving residual activation in the body that contributes to trauma symptoms.

SE works by guiding clients to track body sensation, movement impulses, and the felt sense in small, incremental steps (titration). This supports the gradual completion of incomplete self-protective responses without requiring clients to re-tell or relive traumatic events.

Key Clinical Features

- Works through body sensation and movement rather than narrative re-telling
 - Titrates experience into small steps to prevent overwhelm or retraumatization
 - Addresses hyperarousal, hypoarousal, freeze, shutdown, and dissociative presentations
 - Builds interoceptive awareness and tolerance for difficult somatic and emotional states
 - Can be offered with or without touch
-

What Is SOMATIC TOUCH WORK

Somatic Touch Work is applied fully clothed and involves light, informed contact with muscles, joints, diaphragms, and organs to support physiological regulation and body awareness. It is particularly useful for pre-verbal trauma, body-based memory, or presentations where verbal processing has limited traction. Touch is always introduced with clear communication and consent.



IDENTIFYING AND TRACKING

Internal sensation or areas of constriction



SUPPORTING COMPLETION

of truncated fight, flight, or freeze responses



CONTAINMENT

for flooding or high activation states



GROUNDING

through pressure and contact with distal or core structures



INCREASING CIRCULATION

to areas of chronic tension or tissue restriction

About Referrals and COLLABORATION



Short Term Somatic Support

A few sessions of nervous system regulation can begin to shift chronic holding, freeze, or shutdown, allowing clients to return to your care more regulated and responsive to treatment.

Ongoing, Adjunctive Care

Some clients benefit from a rhythm of combined care, alternating somatic and manual sessions, or layering somatic and medical interventions. I am happy to coordinate a care plan that aligns with your goals for the client.

Clear Boundaries & Communication

With client consent, I can share relevant observations that may inform your work. While I support clients with trauma-related symptoms, I do not diagnose or treat medical or psychiatric conditions. If medical concerns arise, I refer clients back to their primary care provider. My aim is to complement your care with specialized nervous system and physiological support, while prioritizing the scope of your role.

Case Collaboration & Support

I also offer consultation for bodyworkers and healthcare providers navigating complex presentations such as emotional dysregulation, dissociation, or shutdown, where nervous system and physiological insight may be useful.

Who Might BENEFIT

Clients may benefit from adjunct somatic support if they:

- Hold tension that quickly returns after treatment or present with tissue that feels rigid, braced, or “armoured.”
- Experience emotional release, dissociation, or disorientation during sessions or treatment.
- Flinch, startle, or hold their breath in response to light touch or routine procedures without medical explanation.
- Report difficulty receiving touch or care due to trauma history, or describe their body as feeling unsafe or unfamiliar.
- Struggle with persistent pain, fatigue, or sensitivity that does not shift through standard care alone.
- Show guarding, restricted movement, or plateaus in progress not fully explained by injury or structure.
- Present with stress-linked physical complaints that lack a clear medical cause or return despite treatment.
- Establish progress during care but struggle to integrate changes, leaving patterns or symptoms unresolved.
- Are preparing for or recovering from surgery and presenting with anticipatory stress, autonomic reactivity, or difficulty integrating post-surgical changes.



Who TO REFER

AND WHEN

Alex works primarily with adults experiencing:

- PTSD and complex trauma
- developmental and pre-verbal trauma
- sexual, relational, and attachment trauma
- chronic pain and stress, related somatic presentations
- anxiety, depression and shut down states
- sleep issues
- MVAs, NDEs, brain injuries, sports accidents, and pre and post-surgical support

Clients do not need prior somatic experience. SE is appropriate as a primary intervention or as adjunct support alongside manual therapy, medical care, physiotherapy, etc.

Referring a CLIENT



What to Tell Your Client

No prior somatic experience is required. A first session is conversational and oriented toward understanding the client's history, nervous system patterns, and goals. Nothing is required of them except a willingness to slow down and pay attention to the body. Sessions are fully clothed and paced carefully, particularly for clients with a history of complex or relational trauma.

How to Make a Referral

Share the website directly with your client, or reach out to Alex to coordinate an introduction. If you would like to discuss a case beforehand or explore a mutual referral pathway, [a brief consultation call](#) is available at no charge.

Contact Details

Alex Papaconstantinou, SEP

www.bodymindreset.ca

hello@bodymindreset.ca

(250) 539 8115