

Somatic Therapy

CLINICIAN REFERRAL GUIDE



Who I am and WHAT I DO

Alex Papaconstantinou is a certified Somatic Experiencing Practitioner (SEP), Somatic Educator and Bodyworker with advanced training in somatic touch work and a specialization in complex, developmental, sexual, and relational trauma.

Alex works with clients using SE, a body-based approach to resolving trauma symptoms, chronic stress, and related physical and emotional presentations. In-person sessions may also incorporate Somatic Touch Work, a hands-on bodywork technique that engages the body's physiology directly to support the completion of self-protective responses.

Alex is not a psychotherapist and does not diagnose or treat mental or physical health conditions. This work functions as complementary care and is well suited to clients who are already engaged in talk-based therapy, as well as those seeking a body-based approach as a stand-alone intervention.



Based in Toronto, ON and the GTA, I offer online and in-person sessions, along with short-term intensives. If you are working with clients who remain physiologically dysregulated, stuck in patterns of freeze, shutdown, or dissociation, I would be glad to be a potential referral.

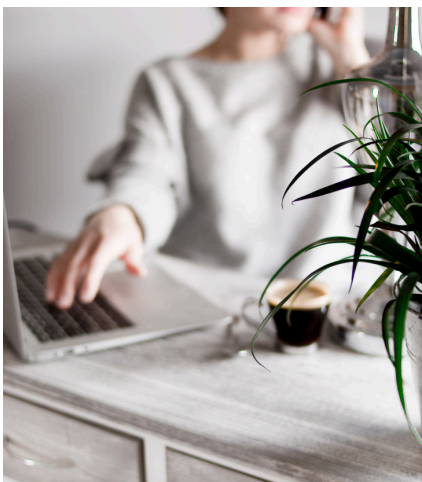
What I OFFER

I provide targeted support for trauma and chronic stress symptoms that can block therapeutic progress using the following interventions:

Somatic Experiencing (SE): Online and in-person. A body-based approach using sensation tracking, titration, and movement to address PTSD, complex trauma, developmental trauma, sexual trauma, chronic stress, and anxiety.

Somatic Touch Work: In-person only. Hands-on bodywork applied fully clothed to support regulation, body awareness, and the completion of self-protective responses at a physiological level.

Many clients arrive feeling exhausted by a history of slow progress, but through this work they become more grounded, emotionally regulated, and connected to their bodies. Referring clinicians report their clients return with increased affect regulation and capacity, making somatic support a valuable adjunct to overcome therapeutic blocks.



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
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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

Who Might BENEFIT

Clients may benefit from adjunct somatic support when:

- They are looping in trauma processing without meaningful resolution or integration.
- They experience somatic or body-based memory in the absence of clear narrative.
- Limited interoceptive awareness makes it difficult to translate bodily experience into words.
- They appear disengaged, emotionally blunted, or “flat” despite a strong therapeutic alliance.
- Symptoms persist despite effective interventions.
- Prior trauma-focused work has plateaued or the treatment trajectory feels unclear.
- They report persistent physiological distress (such as gastrointestinal issues, muscle tension, or chronic pain) without medical explanation.
- They have impaired co-regulation capacity or a narrow window of tolerance, resulting in rapid escalation or shutdown in therapy or relationships.



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 psychotherapy.

About Referrals & COLLABORATION

How Referrals Work

Referrals can be made by directing a client to book directly through the clinic system, or by reaching out to Alex to coordinate an introduction. Alex also offers complimentary 15-minute calls for prospective clients or referring clinicians who would like to ask questions before booking.

Working Alongside Other Clinicians

Alex's work is designed to complement, not replace, psychotherapy. For clients engaged in both talk-based therapy and somatic work, Alex is open to care coordination with consent, including brief clinical updates or shared goal-setting. Alex does not provide psychotherapy, crisis support, or diagnosis.

Scope of Practice

Alex functions within a clearly defined scope: physiological trauma support and bodywork. Clients presenting with active crisis, psychosis, or acute psychiatric concerns are outside this scope and should be seen by a registered mental health professional before or instead of somatic work.

What Clinicians Can Expect

Referring clinicians typically report that clients return with improved affect regulation, greater body awareness, and increased capacity to engage in verbal processing. Alex welcomes brief clinical contact when it serves the client, and aims to keep the referring clinician informed of any scope-relevant concerns that arise.



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

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