

**David van Buskirk // Somatic Education**

[www.davidvanbuskirk.com](http://www.davidvanbuskirk.com)

[vanbuskirk.somatics@gmail.com](mailto:vanbuskirk.somatics@gmail.com)

(314) 597-6697

Thank you for your interest in Somatic Education. My goal as an educator is to facilitate the development of student awareness, agency, and choice regarding the use of the body. In working with me you will learn how your awareness, intentions, and body-use contribute to your sense of self.

In my work, I use movement exercises to enable students to replace unhelpful actions with powerful, loving actions - leading to a felt sense of safety, dignity and wholeness. This is accomplished through simple, non-strenuous movement challenges. The goal is to help the student develop a calm, balanced, open, expansive, and powerful body state, which they can employ to meet life's challenges.

My somatic coaching is not therapy. I do not treat or diagnose disorders or illnesses. I am not a licensed mental health professional. However, somatic coaching will change the way you use your body. This growth can change the way you experience yourself and your options in life, and these changes may evoke strong emotional responses. It can be helpful to work with a psychotherapist and a support group of family and friends while integrating this work.

**BODY/MOVEMENT AWARENESS EDUCATION**

**GOALS:** The basic goal of body/movement awareness education is learning how to develop greater awareness of your body as your self. This awareness is the key to developing practical skills in movement and action. You can learn to move through your daily life in a way that is relaxed, powerful, graceful and comfortable. You can find an inner wholeness in which body, mind, and intention are integrated. And you can improve performance in whatever you do.

**CHANGE:** Sometimes, especially during periods of rapid or fundamental change, the lessons may seem confusing. And when working with painful aspects of your life, the lessons may be painful. Confusion or pain are temporary sensations on the way to strength and skill. If any sense of discomfort or confusion comes up, please let me know so that we can adjust the pace of the lessons to make them less distressing.

**CONFIDENTIALITY:** Information that you reveal in the context of the lessons will not be discussed with others without your knowledge and written consent. Your records will not be sent or

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shown to others without your consent. There may be an exception to the rule of confidentiality where there is clearly a situation of potential harm to yourself or others. If you wish that some information from your lessons be discussed with another person, you may sign a release of information form.

**COMMUNICATION:** If you are under medical or psychotherapeutic care, it is important to communicate to your caregiver that you are undertaking body/movement awareness lessons. If you wish, I will send your caregiver general information about body/movement education or specifically discuss your lessons with them.

**DURATION:** You are embarking upon a course of study which will allow you to change your life. Specific limited questions generally require only a brief series of lessons, while broader, more fundamental questions may require more extensive study.

**DECISION:** How will you know when you are finished with the lessons? Generally speaking, that will be when you have learned and internalized new skills and resources with which you can handle the distressing situation which made you decide to start the lessons.

**TERMINATION:** In order to tie up loose ends about the lessons, it is helpful to finish up with an ending lesson to review and put in perspective the learning which has been accomplished. In addition, it is important to consider what to do to maintain and further the learning and changes that have been accomplished.

## **OFFICE PROCEDURES -**

**LESSON FORMAT:** The lessons are fifty minutes long. If you will be more than 15 minutes late, please telephone if you can. If you are 20 minutes late and have not phoned, I might leave the office. If you are late for a lesson, you will be seen for the time remaining in your scheduled lesson; however, you will be expected to pay for the full lesson time. These times apply to online sessions as well.

**MISSED APPOINTMENTS:** If you cancel, reschedule or miss an appointment without twenty-four hours notice, I will need to charge for the lesson time. I will not charge if you have had an emergency such as illness, and I will try to be flexible. Cancellation of one lesson does not cancel other future lessons that may have been scheduled. Only lessons that you specifically request to be canceled will be canceled.

**PAYMENT PROCEDURES:** Your lessons will not be covered by insurance, and you will be asked to pay at the start of each lesson. Make checks payable to David van Buskirk. You may also pay using Venmo (@david\_vanbuskirk), or Paypal (vanbuskirk.somatics@gmail.com)

**QUESTIONS:** If you have any questions or special concerns, please ask. I am here as a resource for your learning and growth and value your questions and feedback.