

## Information for Young People

### What is Somatic Movement Therapy?

We live in our bodies. It's our home. Movement therapy tries to make that a more comfortable place to be. It can help us express something that might be difficult in words. It can help us understand why things are as they are. It can help us get what we need to feel better.



How it feels to be us, is affected by lots of things. It might be because of something earlier in our life or because of something that is challenging just now.

All of how we feel is in our bodies and affects what we do, how we behave in life and how we get along with others. Movement Therapy gives us the chance to discover what our bodies are telling us that can help us find what we need. And by finding what we need and finding ways to feel more at ease in our bodies, we can cope more easily with life.

Movement Therapy gives us a chance to listen to explore what's going on for us and get some support.

### Why do people come for Movement Therapy?

People come for lots of different reasons.

Sometimes it's about how they feel ...

- They may come for some help and support.
- They might be finding it hard to get on with people.
- They might find they do things in ways that they and their family find difficult or upsetting.
- they might be angry, sad or unhappy.

Sometimes its about what they do, or how they move ...

- they may move differently from others.
- they may struggle with balance or riding bikes.
- they may want lots of hugs and squeezes, or hate anyone touching them.
- they may get into trouble for breaking, damaging things or hurting others.

### Where do sessions happen?

Sessions happen in a room where there is a clear space to move. There are usually blankets and cushions, body balls and other things to move with. You could bring a favourite blanket, duvet or cushion with you if you wanted. Sometimes sessions happen outside in nature. We might work in the woods, or go for a walk.

## **What happens in a session?**

You decide on the pace. You might know what you want to do, we can come up with ideas together or I can suggest things. The sessions are about helping you feel better or understand what's going on for you.

What happens is different for everyone, but some things might be:

- We might use the props I have to experiment with or play a game.
- We might use art materials or other objects to explore what's going on.
- We might talk. So, you will have a chance to speak about what's important to you, and what you want from the sessions.
- We can see what you feel like on the day. You might have lots of energy or just want to make a comfortable place to rest.
- We might use how we're feeling towards each other on the day to move, play and explore what's needed.

It's a good idea to wear something you feel comfortable in and don't mind being on the floor in.

Your parent or carer might come with you and join in. Or you might have the session on your own.

You can ask questions and talk about how the session went.

I look forward to meeting you.

Paul Beaumont