Survey on the Use of Touch as a Psychotherapeutic Intervention

Gender identity--

Age--

Professional identity--

1. For what purposes do you use *your touch* therapeutically with your clients?

☐ To greet or say good bye

☐ To access, contact, focus on parts

☐ To support the process of differentiating parts from Self

☐ To witness the parts’ body stories

☐ To contain or comfort parts flooded with emotion

☐ To assist parts in a dissociative state to ground, reorient to the present

☐ To facilitate the process of unburdening

☐ To assist with the integration of restored qualities

2. In what ways does your client’s gender, age, race, or clinical issue affect your use of touch?

3. Are there other considerations that affect your decision about touch?

4. Have you experienced clients misinterpreting your touch?

5. Do you know of clients that have experienced touch abuses in therapy?

6. Which of your parts have concerns about touching your clients?

7. Do you have any burdens from early touch abuse or neglect that might hinder Self-led touch with your clients?

8. Do you notice your clients spontaneously touching places in their own bodies?

9. Do you suggest your clients use their own touch to work with their parts?

10. Do you use imaginative touch with your clients?