ANAVRIN WELLNESS | PRACTITIONER RESOURCE

The Somatic Whisperer

Nervous System Readiness Toolkit

Observation | pacing | regulation | reflection

INSIDE THIS TOOLKIT

- Pre-session readiness checklist
- Somatic observation worksheet
- Green / amber / red pacing guide
- Before-and-after regulation tracker
- Desk reference, client grounding and practitioner reflection

CREATED BY SAMANTHA ROELOFFZE

ANAVRIN WELLNESS

A PRACTITIONER'S STARTING POINT

Listen before you lead

A scan can offer information, but it cannot independently tell us how much input a client can comfortably process in one session. This toolkit helps you slow the moment down, observe the person in front of you and choose a pace that respects their present capacity.

> *"The goal is not to force an interpretation. The goal is to notice, respond and remain within scope."*

How to use the toolkit

1. Complete the readiness check before deeper work. 2. Record observable cues without assuming their meaning. 3. Select a green, amber or red pace. 4. Reassess during and after the session. 5. Record what supported comfort and what should change next time.

Practice principles

[ ] Observe first. Interpret cautiously.

[ ] Use invitational language and obtain ongoing consent.

[ ] Change one variable at a time when possible.

[ ] Reduce intensity when the client becomes less settled.

[ ] Refer when needs fall outside your training or scope.

Important scope note

This resource supports practitioner observation, communication and session planning. It does not diagnose trauma, nervous-system disorders, medical conditions or mental-health conditions. It does not replace medical, psychological or emergency care. If a client reports severe distress, risk of harm, new neurological symptoms, chest pain, breathing difficulty or another urgent concern, stop the session and seek appropriate professional help.

Client: _____ Date: _____ Practitioner: _____

TOOL 01

Pre-session readiness checklist

Use observable cues and the client's own report. A single cue is not a diagnosis; look for patterns and changes.

Client name	Date / session number

A. Client check-in

[ ] The client understands the purpose and limits of the session.

[ ] The client gives clear consent and knows they may pause or stop.

[ ] The client can describe how they feel right now in simple terms.

[ ] Immediate needs such as pain, thirst, temperature or positioning have been addressed.

[ ] There is no urgent symptom or crisis requiring medical or mental-health support.

B. Observable readiness cues

[ ] Breathing appears comfortable rather than markedly held, rapid or strained.

[ ] Speech and eye contact appear consistent with the client's usual presentation.

[ ] Posture and movement appear sufficiently settled for the planned session.

[ ] The client can stay oriented to the room, conversation and present task.

[ ] The client can communicate preferences, discomfort and boundaries.

C. Practitioner readiness

[ ] I have selected one clear priority rather than trying to address everything.

[ ] I have a gentler alternative if the client becomes less settled.

[ ] I can explain why I am choosing this pace without making diagnostic claims.

	■ GREEN	■ AMBER	■ RED

Reason for rating / adjustments planned

TOOL 02

Somatic observation worksheet

Record what you can see, hear or what the client reports. Separate observation from interpretation.

Breathing pace, depth, pauses			
Posture open, guarded, shifting			
Movement stillness, restlessness, tremor			
Voice pace, volume, fluency			
Orientation present, engaged, distant			
Client report sensations, comfort, emotion			

Use neutral wording

Instead of	Try
‘This means trauma.’	‘I noticed your breathing changed when we reached that point. What are you noticing?’
‘Your body is resisting.’	‘Would you prefer to pause, continue more gently or stop here?’

TOOL 03

Session pacing decision guide

Choose the least intensive approach that still supports the session goal. Reassess whenever the client's state changes.

GREEN • SETTLED ENOUGH TO PROCEED	AMBER • REDUCE THE LOAD	RED • PAUSE OR STOP
Client is oriented, communicative and able to express preferences. Observable cues remain reasonably steady.	Client shows increasing tension, restlessness, withdrawal, confusion, fatigue or difficulty describing needs.	Client is acutely distressed, cannot remain oriented, cannot give ongoing consent, reports urgent symptoms or asks to stop.
• Confirm consent • State one priority • Use a measured pace • Check in between steps • Reassess before adding input	• Pause and orient • Lower intensity or shorten duration • Avoid adding multiple variables • Offer water, comfort or a break • Consider ending earlier	• Stop the intervention • Support immediate safety • Do not interpret or push through • Refer or seek urgent help when indicated • Document factually

Three decision questions

[ ] Is the client becoming more settled, staying similar or becoming less settled?

[ ] Is the next step necessary for today's agreed priority?

[ ] Would less input provide clearer information and better tolerance?

My pacing decision today

TOOL 04

Before-and-after regulation tracker

Invite the client to rate their present experience. These ratings guide conversation; they are not clinical measurements.

Suggested scale: 0 = not present / very low, 10 = very strong / very high. Explain each item so the direction is clear.

Physical tension			
Sense of grounding			
Breathing comfort			
Emotional comfort			
Mental clarity			
Energy / capacity			

What changed?

[ ] More settled [ ] Similar [ ] Less settled [ ] Mixed response

Client's own description

Practitioner interpretation - held lightly

Next-session implication

TOOL 05

Regulate before you escalate

A desk reference for keeping sessions clear, paced and collaborative.

1	**ORIENT** Invite the client to notice the room, chair, feet or another neutral point of contact.
2	**ASK** ‘What are you noticing right now?’ Keep the question simple and optional.
3	**OFFER CHOICE** Pause, reduce intensity, change position, take a break or stop. Do not assume what is best.
4	**SIMPLIFY** Return to one priority. Avoid stacking frequencies, interpretations or new tasks.
5	**REASSESS** Check breathing, orientation, communication and the client's own sense of comfort.
6	**CLOSE CLEARLY** End with grounding, a factual summary and appropriate follow-up or referral.

A calm session is not necessarily a passive session. It is a session in which the amount, sequence and pace of input remain responsive to the client.

CLIENT HANDOUT

A gentle five-minute grounding pause

This exercise is an optional way to reconnect with the present moment before or after a session. There is nothing to achieve. You may keep your eyes open, change position or stop at any time.

1 minute	**ARRIVE** Let the chair or surface support you. Notice one place where your body makes comfortable contact.
1 minute	**LOOK** Gently notice three neutral objects or colours in the room. Allow your eyes to move at an easy pace.
1 minute	**FEEL** Notice your feet, hands or another area that feels neutral or comfortable. No need to scan your whole body.
1 minute	**BREATHE** Allow your breath to find its own rhythm. If comfortable, let the exhale soften without forcing it.
1 minute	**CHOOSE** Ask yourself: ‘What would support me now?’ You might choose water, quiet, movement, rest or conversation.

After the pause

Without judging the result, notice whether you feel more settled, the same, less settled or simply different. Tell your practitioner if you would like to pause or change anything.

If focusing inward feels uncomfortable, stop and orient to the room. This exercise is not therapy and is not a substitute for professional mental-health or medical care.

PRACTITIONER REFLECTION

What did the session teach me?

Client / reference code	Date / session number

1. What did I observe before looking at the scan?

2. Which cues changed during the session? What happened immediately before the change?

3. Did I stay with one priority, or did I add unnecessary complexity?

4. How did I support choice, consent and communication?

5. What helped the client become or remain settled?

6. What will I repeat, reduce, postpone or refer next time?

Reflection prompt

Did my interpretation remain grounded in observable information, the client's own words and the limits of my professional scope?

CONTINUE THE LEARNING

Go deeper with The Somatic Whisperer

This toolkit introduces a practical rhythm: observe, ask, offer choice, simplify and reassess. *The Somatic Whisperer* explores the broader relationship between body signals, emotional patterns, practitioner awareness and thoughtful session pacing.

Inside the book	A reflective practitioner approach to listening to the body without turning every signal into a fixed conclusion.
Best used with	Your existing professional training, ethical scope, informed consent and appropriate referral pathways.

EXPLORE THE SOMATIC WHISPERER
anavrinwellness.gumroad.com/l/orcac

About Anavrin Wellness

Anavrin Wellness creates practical educational resources for NLS and bioresonance practitioners, with an emphasis on structured workflow, careful observation, ethical communication and response-guided practice.

Website: anavrin-bioresonance.samanthabartlett1.chatgpt.site
Instagram: @bioresonance_practitioners
YouTube: @Anavrinwelness

COPYRIGHT & USE

© 2026 Samantha Roeloffze / Anavrin Wellness. This complimentary toolkit may be printed for the original recipient's personal practitioner use and shared with individual clients where appropriate. It may not be resold, repackaged, uploaded to another resource library or represented as another person's work.

Educational disclaimer

NLS and bioresonance are not substitutes for medical diagnosis or treatment. This toolkit does not diagnose trauma, disease or mental-health conditions. Practitioners remain responsible for informed consent, professional scope, appropriate documentation and referral.