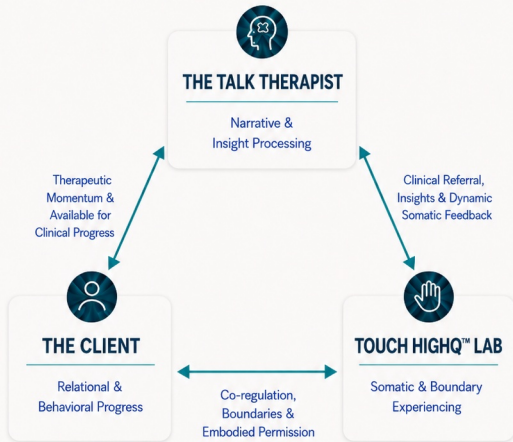


The Touch HighQ™ Triadic Model of Collaborative Care



The Four Sensory Pillars



Somatic Regulation: Direct Ventral Vagal co-regulation to lower systemic stress, blood pressure, and cortisol.



Somatic Agency: Wheel of Consent®-informed practice to physically build boundary and communication muscles.



Interoceptive Awareness: Body mapping and structured pauses to retrain self-connection and voice.



Relational Embodiment: Safe, platonic presence to address 'skin hunger,' chronic touch deprivation, and relational isolation.



Clinical Safeguards



Brief Async Updates: Secure, high-yield clinical updates that keep the primary therapist seamlessly in the loop.



Somatic Grounding: Strictly somatic scope; immediate stabilization and grounding if emotional processing arises.



Conscious Transference: Relational boundary and arousal dynamics handled cleanly in-session and without shame.



Evolving Somatic Runway: Structured progression from passive nervous system stabilization to active real-world agency.



Professional Integrity: Trauma-informed, certified, and fully insured; operating under strict somatic ethical boundaries.