



Nervous system education your client or patient can use between visits.

Sometimes a person understands their stress clearly and still cannot settle. That is the work we do, alongside the care you already provide.

WHO MAY BENEFIT

- People who understand stress intellectually but not in the body
- Clients in therapy who want body-based skills alongside cognitive insight
- People carrying chronic stress from caregiving, clinical, or first-responder work
- Leaders and professionals in sustained high-demand roles

The focus is not on retelling or analyzing past experiences, but on helping individuals understand their present-day nervous system patterns and build practical capacity for greater regulation, connection, and choice moving forward.

WHAT A SESSION MAY INCLUDE

- **Personalized nervous system mapping** — patterns of regulation, activation, overwhelm, and shutdown, including triggers, glimmers, and cues of safety and connection.
- **Body awareness and sensation tracking** — recognizing early signals and subtle shifts in state.
- **Micro- and macro-movement practices** — subtle and larger movements that support regulation, expression, and ease.

SHARING STARTING POINT WITH A CLIENT OR PATIENT

No formal referral is required. Providers are welcome to share Starting Point Consulting's information with a client or patient who may benefit. The individual then decides whether they would like to contact Starting Point and schedules directly. Starting Point does not require medical records or clinical information to begin services. If coordination with an existing provider would be helpful, communication occurs only with the individual's written consent.

BACKGROUND & TRAINING



Darlene Erich, MBA, BSN, RN

Decades in critical care, palliative care, and hospice nursing, alongside healthcare executive leadership and years as a Pilates teacher trainer. Trained in Somatic Stress Release™ (The Embody Lab) and Rhythm of Regulation® (Deb Dana). Grounded in science and lived experience, Darlene brings a practical, unhurried approach to helping people understand their nervous system, build capacity, and move forward with greater awareness and choice.

SCOPE & BOUNDARIES

- We do not diagnose or treat any condition
- We do not provide psychotherapy or counseling
- We do not do trauma processing or memory work
- We do not supply, administer, or recommend any substance
- We do not provide crisis or emergency services

HOW THIS MAY COMPLEMENT YOUR CARE

- Skills practice between appointments, without duplicating clinical work
 - Shared, everyday language for nervous system states, patterns, and capacity
 - Education about stress physiology, so change feels less about willpower and more about what the body is communicating
 - Steady, choice-centered pacing, with permission to pause or decline any practice at any time
 - Greater awareness of triggers, glimmers, and resources that support regulation in everyday life
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- **Grounding, orienting, breath, and sensory practices** — practical ways to support steadiness and presence.
 - **Resourcing, boundaries, and agency** — strengthening internal and external resources, choice, and personal capacity.
 - **Integration and everyday application** — individualized practices supporting regulation, connection, and moving forward.

WHEN ANOTHER KIND OF SUPPORT FITS BETTER

- Acute crisis, suicidal ideation, or self-harm
- Active psychosis, mania, or substance withdrawal
- Someone seeking trauma processing or memory work

Our work is educational and supportive — not psychotherapy, counseling, diagnosis, or medical treatment — and it does not replace care from licensed healthcare or mental health professionals.

Individuals contact us directly.

A short conversation first is welcome, for them or for you.

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