

Safety For Me Is...

By Karah Charette, PT, DPT, RYT

the weight of my pelvis

the buoyancy of my cerebrospinal fluid
my cellular rest
my mitochondrial breath

the eye contact I make without the dart and pull of shame
my stories coated in curiosity

sway
movement
material being metabolized

Author reflections:

As a physical therapist specializing in pelvic health, a dancer, and a somatic movement educator-in-training through the Body-Mind Centering® program, I am continually drawn to the intersections of embodiment, safety, and care. This piece reflects both my clinical practice and my creative process.

The poem explores the personal and somatic dimensions of safety—not as an abstract or intellectual concept, but as something deeply felt and lived within the body. In my work with clients, I have found that true, sustainable healing arises not only from cognitive understanding, but also from cultivating embodied safety through attunement and co-regulation. This poem speaks to that belief, highlighting the significance of nervous system-informed care and the responsibility we each hold in tending to our own inner landscape. By doing so, we create more grounded, collaborative, and human-centered spaces for those we serve.

About the Author



Dr. Karah Charette, PT, DPT, RYT is originally from Buffalo, NY and received a B.A. in Biology and Dance from Hobart and William Smith Colleges. She received her Doctorate in Physical Therapy from Columbia University. Karah co-owns a somatic pelvic health practice in Oakland, CA called Bodyful Physical Therapy and Wellness. A dancer for more than 30 years, Karah has a deeply embodied sense of the wisdom of the body and non-verbal expression. Karah is also a registered yoga teacher after training in Thailand. She is certified in classic and contemporary mat and reformer Pilates techniques. Karah is currently studying Body-Mind Centering® and Authentic Movement with Mary Lou Seereiter. This somatic work has helped re-inspire her to express and create not just through movement but also through poetry. Karah believes that art and creativity are integral to the healing process. She is grateful that JHR is a platform for these values to be expressed and shared in community.