

## Contraindications and Awareness's



### Definition

#### Contraindications

A contraindication means that at this time, is not suitable for this person to attend a session. It may be that they are in the first trimester of pregnancy or are currently being treated for a serious condition. It may be that in a few months they can come for treatment or they may have a long-term condition that is not suitable for treatment. There are a few rare cases when treatment is not suitable and therefore we have a duty of care not to accept this person at this time.

#### Awareness's

An awareness means that you need to be aware that a client/participant has a certain condition or need but it does not stop them from attending a session. In this case there are professional best practice guidelines that need to be followed. This ensures that both you and the client's needs are met professionally and responsibly.

#### Procedure

There is nothing worse than having to turn a disappointed person away at the door or to be scuttling around at the last minute trying to find a chair if a person is unable to lay down for example. By checking contra indications you can save your client an unnecessary journey ending in disappointment and by going through a list of simple awareness's you can make sure that your sessions run smoothly and professionally. It is lovely to have your needs met and this extra level of care will ensure your client remembers you and make your sessions shine!

If your clients' answer 'yes' to any of the following please see the section B

#### Section A

1. If female, are they less than 3 months' pregnant? See Section B and Page 3
2. Do they have, or have they had, frequency triggered epilepsy or any seizures which they believe are sound triggered?
3. Are they currently being treated for, or do they currently have, clinical depression, bipolar disorder, schizophrenia, dis-associative disorders, paranoid schizophrenia or any other serious mental health condition?
4. Have they had a diagnosis of PTSD (or feel they have PTSD).
5. Have they recently had surgery or any medical procedure? Are there any complications or pain with this?
6. Are they prone to anaphylaxis or require any life-saving medication to be administered? Do they need to carry an Epi-pen, for example?
7. Do they have any serious medical condition or general special need (but are not considered a 'vulnerable person') you should know about beforehand?
8. Are they comfortable lying on the floor? If they are elderly or have a bad back they may prefer to be treated in a chair.
9. Do they have metal implants in their body, such as pins or joints?
10. Is your client under 18 years of age or considered to be a vulnerable adult?

If “No” to the above, then they are fine to attend the session so you can ask your client to:

1. Wear loose, comfortable clothing as you want them to feel as comfortable as possible.
2. Not to eat a large meal directly before a treatment – again so they will be comfortable.
3. To drink a small quantity of water beforehand and bring some with them to drink (depending on the session) and to avoid alcohol and/or recreational drugs beforehand.

## **Section B**

If they have answered “Yes” to any of the above (the numbers below correlate with the numbers above):

1. At the moment we do not treat women who are less than three months' pregnant. This is a standard requirement for insurance purposes across most holistic practices. There is no evidence that sound therapy would do any harm to an unborn child.

2. It is unlikely that the sound frequencies we use would trigger a seizure but it is good for you to know if someone attending your session has seizures. If you are at all concerned about the person attending you can ask them to bring a letter of consent from their GP that it is ok for them to participate. If you are running a group session and a person has frequent or grand mal/ tonic clinic seizures it is better to recommend that they go for 1-2-1 sound therapy. If a person has infrequent seizures you can ask them to bring someone with them who could care for them if they have a seizure. Ask them if they have any particular triggers (there is a rare form of sound frequency triggered epilepsy) you may need to avoid drum journey or m2nd intervals (crystal bowls). Some people get an ‘aura’ before a seizure, which means they have some signs beforehand – if this is the case ask them to indicate to you that they are experiencing the pre-seizure aura and either stop the session or ask their friend to take them outside so they are removed from the sound. Make sure you check in afterwards.

3. It is not advisable for any person with a serious mental condition such as personality disorder, schizophrenia, suicidal tendencies to attend a session. This is because of two factors – we are inducing a deep state of relaxation (ASC ) that can produce imagery and we are using a reflective/mindfulness process.

If a person has had a diagnosis of bi-polar disorder but are stable and their medication (if they are on meds) is supporting them (or they have another support network) then you can ask some basic information. How do they feel at the moment, when was their last episode, which way did they go - (manic/depressed), how severe they felt it was/how long it lasted. Do they know what caused it, or what their potential triggers are? It is at your discretion as to whether you admit the person to your session/treatment. Most of the time people with mild-moderate mental health symptoms can get a lot of benefit from a session but in some cases it would be detrimental to their wellbeing and may result in a relapse.

Our advice and recommendation is that if you are in any doubt speak to us first. We may recommend that they provide a letter from their consultant or general practitioner giving consent to attend the session/treatment.

If you are in any doubt, or somebody comes to you that you feel may be disruptive within the session, unstable or unable to process what may come up for them then err on the side of caution and either say no or ask for advice/consent from a professional, that is medically trained.

4. We would need to know what the symptoms are, triggers (if known), how the condition is managed and when the last episode/'flare up' of symptoms was as well as was experienced at this time. It would be good to know how frequently symptoms are experienced and how the condition is managed. We also need to know if that person feels as though they are in a stable place to embark on a therapeutic process. You could ask if they've had other therapies and how they have reacted to those.

5. There are no contraindications to treatment unless surgery was very recent.

6. If so, they will need to provide you with a letter of consent to administer their medication or bring someone with them to do so in the unlikely event of an emergency.

7. Use your professional judgment and/or ask for a letter of consent to treat. If they have special needs, including life threatening conditions, do not be afraid to ask how you could help them or what you should do in the event of an incident/emergency.

8. Be prepared to cover all eventualities with this one. Have a chair ready if someone says they will need one.

9. It is very rare, but sometimes sound frequencies set up sympathetic resonance with metal implants in the body. There is no problem with this but it is always good to know if the implant causes pain or discomfort. Ask your client to indicate if they experience discomfort when you play by raising a hand.

10. If you have children coming to a session (under 18) you will need to obtain parental consent and may also need a DBS check depending on where you are working.

Any further questions, please contact us.

## **Pregnancy**

### **After the first trimester**

Please also note that if you are treating a pregnant woman after 20 weeks, she should not lie down flat on her back (or front) on a horizontal couch/mat. You will either need a couch where the head rest can raise so that she can lie with back slightly elevated or have her lie on her side on the couch so that her bump is supported. If the woman is lying down flat on her back, the weight of the baby can lie very heavily on her organs, even cutting off her blood supply (and therefore the baby's). Please see <https://www.parents.com/advice/pregnancy-birth/my-pregnant-body/can-i-still-sleep-on-my-back-while-im-pregnant/>

If you have her side-lying, you can offer her a folded blanket to go between her knees as this helps take the weight off and a folded blanket to go under her bump to support it. She may also need extra padding/support in other places, so ask what she needs to make her comfortable. Do be aware when working with pregnant women that blood pressure can drop/rise quite rapidly/steeply so just ensure your intervention is gentle/not too long and keep observing the client at all times.

## **Consent Forms**

Q. It is best practice to continue to have participants of the treatments (and soundbaths) fill in a consent form each time?

A. All clients need to give informed consent BEFORE they have any kind of therapeutic session.

The consent form is not a waiver nor a disclaimer in that it does not absolve you from professional indemnity or a potential claim being made. It is consent that the client gives to have some form of therapeutic process or relaxation session.

It is not only best practice, it is law that you obtain consent in advance of every single session you give and you are required to keep these documents for seven years.

### **Treating Different Conditions with Sound Therapy**

Q: How do we treat different health conditions with sound therapy?

A: We don't treat symptomatically, i.e. there is no set or predictable way to work with a list of conditions because we aren't working directly with the symptoms themselves, we are working with personal process, i.e. the person's relationship to their symptoms and exploring what impedes flow in their life (i.e. resistance).