



The Vibroacoustic Therapy Session

As in all holistic practices, professionalism is paramount when you initiate a vibroacoustic therapy session.

Unless you are a licensed medical professional, you do NOT call your client a patient. VAT practitioners are also not to call themselves music therapists unless they happen also to be a licensed music therapist.

It is very important to distinguish yourself from all other professionals in the medical and holistic health-care sphere. We must in no way be accused of confusing clients by claiming to be something we are not, even if it is unintentional. Thus, call them clients, and be sure they understand that, while you have been trained in this arena, you are not a medical professional.

Many people who come to us for therapy have emotional or psychological issues that sometimes manifest in physical problems. There may be times when they have an especially strong emotional reaction to the therapies. Unless you are trained in psychoanalysis or psychotherapy, it could be beneficial for you and your clients to have a relationship with such a professional to whom you could refer your clients in the event they need help dealing with issues that may arise during sessions.

Before you begin:

If you are doing a therapeutic session (as opposed to a simple relaxation session with music and frequencies), conduct an intake interview to be sure you are choosing the right frequency or frequencies for the client's condition. And be sure to check for contraindications.

Insure that the client is not suffering from a condition that is contra-indicated for vibroacoustic therapy.

Contraindications for VAT:

: an acute condition like thrombosis (blood clot). We do not treat anyone with this condition for fear of dislodging a clot. There are precautions in the case of people who have angina: while these people can use VAT, be sure to stay in the room while they are having a treatment and monitor for any signs of labored breathing, shortness of breath, as they could “fight” the effects of VAT.

: an active or acute inflammation

: a recently prolapsed intervertebral disc

: acute whiplash soon after an accident. The client needs to discuss VAT with his or her physician to be sure there’s no reason they couldn’t do it. Again, there has been no report of adverse side effects, but sometimes the injury is too sensitive for the client to tolerate any additional stimulation.

: head injuries

: internal or external bleeding, or when active bleeding may be started by VA therapy, e.g. after an operation. (This does not apply to menstrual bleeding)

: psychotic, pre-psychotic or border-line psychotic conditions and by severe neurotic conditions

: acute hypotension (very low blood pressure)

: very shortly after having had a myocardial infarction (heart attack).

: pregnancy – while no side effects have ever been reported, and there is really no evidence to suggest there could be a problem, we normally do not treat pregnant women because there have been no studies on the effects on the fetus.

If there you have any doubts, err on the side of caution. Have the client contact his/her physician before any treatment is administered.

Precautions:

Clients with diabetes must be notified that it is possible that they will experience insulin "feeling" during or shortly after therapy sessions. And be aware that VAT is NOT a treatment for diabetes. It must be stressed that VAT has no positive effect on diabetes.

If you are sure to follow the preceding precautionary measures, we will continue the therapy’s impressive record of no reported harmful effects.

Once you’re ascertained that this client is a good candidate for Vibroacoustic therapy, continue the intake interview.

Intake

At the first visit, have the client fill in and sign the intake form, and for each subsequent visit, be sure to spend the time going over their current condition. What works for a client one day may not the next time you treat them. Be aware when choosing the frequencies.

If it's the first time they've experienced VAT, explain what sensations they will experience, and just briefly how VAT works.

Have a conversation about why they are visiting. This is the time to do any protocols that you've decided to do to measure the effectiveness of the treatment.

Measuring Response

To be sure that there is in fact a physical benefit to an individual patient, you should do a pre- and post- session interview with the client (or his or her caregiver) and take pre- and post- session measurements which could be of blood pressure, range of motion, that sort of thing. Because you are NOT a medical professional, you must be very careful to not make any medical diagnosis, and you cannot claim to "cure" anybody of anything. However, you can do very simple measurements.

1. Subjective pain scale

There are two ways of approaching this –

- i) Have the client complete the pain scale or
- ii) Go through a body scan with them.

2. Blood Pressure may be taken

3. Range of Motion measurements may be taken

You choose whichever method works best for the particular situation and client. Some clients are not able to fill out the scale by themselves, and you or a caregiver may do it.

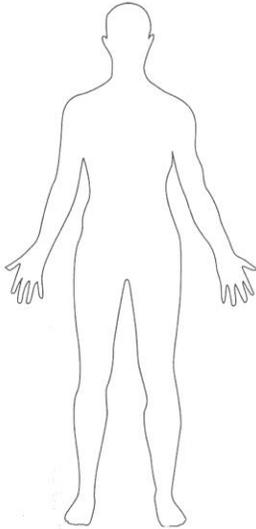
The following two forms should be printed so that you can use them in your practice.

CLIENT COMPLETED PAIN/STRESS SCALE

Date: _____ Name: _____

Pain or other medication? _____

Currently, before today's treatment, where is the difficulty, and on a scale of 1 to 10, what would you say is your present:



PAIN level and mark where on the body

None Worst possible

0---1---2---3---4---5---6---7---8---9---10

STRESS level

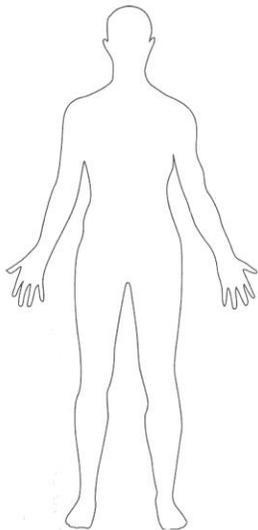
None Very Stressed

0---1---2---3---4---5---6---7---8---9---10

BP _____

After today's treatment, where is the pain, and on a scale of 1 to 10, what would you say it is now?

PAIN level and mark where on the body



None Worst possible

0---1---2---3---4---5---6---7---8---9---10

STRESS level?

None Very Stressed

0---1---2---3---4---5---6---7---8---9---10

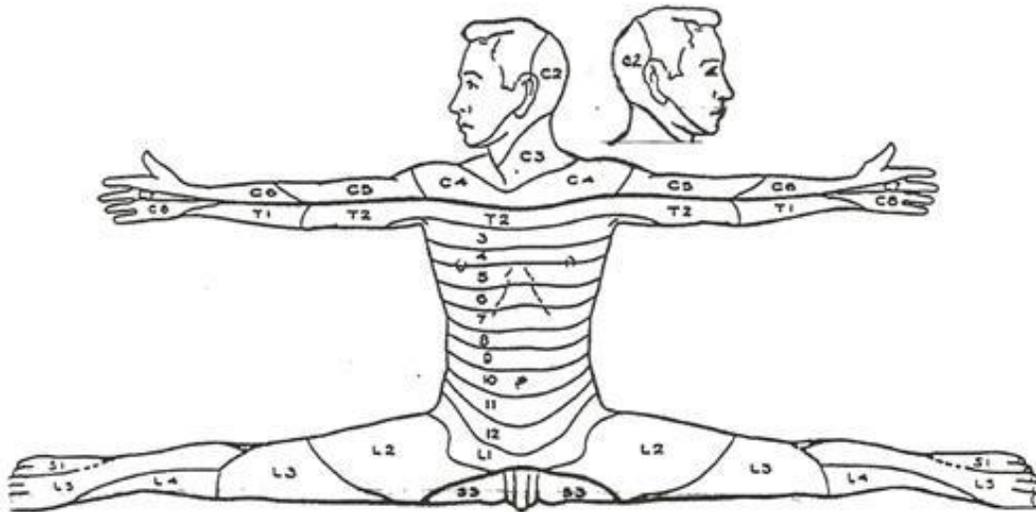
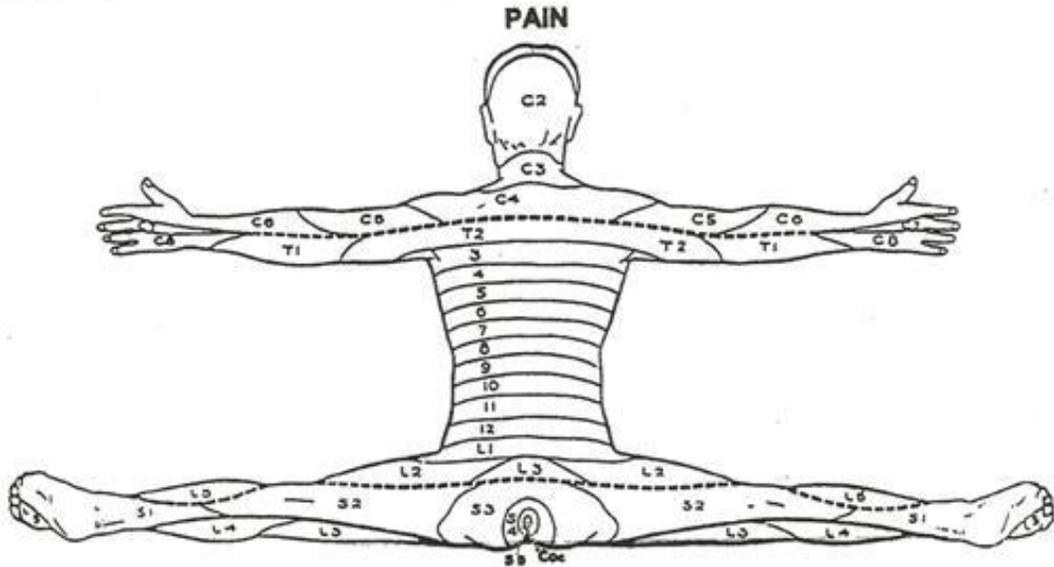
BP _____

Therapist: note Frequency/program administered and duration

BODY SCAN

Client Name _____

Date _____



LOCATION OF PAIN: _____ NATURE OF PAIN: _____
 CONSTANT: _____ INTERMITTENT: _____ OCCASIONAL: _____
 DURATION AND FREQUENCY OF PAIN: _____

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Before the client lies on the system, encourage him/her to use the restroom and have a small drink of alkaline water.

Have them lie down on the lounge/mattress, which you have refreshed after the last client. Have a towel or other covering where the client's head touches the mattress; first to keep it clean and secondly to give the client confidence that it is a clean surface.

Before turning on the vibroacoustics, do a short breathing exercise, encouraging diaphragm breathing, as a way to ready the client for the sensations. A scan of the body, from top to toe – if the client is able, lead him/her through a guided tensing/relaxation exercise from top to bottom. It helps them be aware of what's going on in the body.

Because you have had a chance to chat with them and know what they're looking for, you can choose the right frequency/frequencies for their condition or concern.

Refer to the **Frequency Appendix** to choose the optimal program.

Be sure at some point to point out that this is a personal journey, a time for them to connect with their own body. You will not remain for the whole session (unless it is a child, of course, or someone who is afraid to be alone. Common sense rules, here).

Begin to play the frequency, very low at first, bringing it up to a comfortable level. Less is usually better with VAT.

When the program first starts, spend a moment or two with the client, asking them where they're feeling the sensations, what they're feeling, if anything is uncomfortable, if anything is particularly good feeling. If they are not responding well, or express any kind of negative feeling, feel free to change to another frequency. Be sure to encourage them to be as attentive as possible to get the most benefit from their session, so that when you leave the room, they will continue "scanning" the body for effects. Advise the client to use his/her attentiveness to feel the connectivity between the mind /brain and organs, muscles, tissues, nerves, cells, to feel and sense the harmonic waves of the rhythm of sound.

After being certain that the client is attentive to the effects on the body, and emotions, leave them to have a quiet personal journey without your presence. However, stay within hearing range so that you can attend if they have any issues.

Most of the sessions are 23 minutes. Return to the room about a minute after the program has stopped. Gently let the client know you are there in the event he/she has fallen asleep.

Once they are "aware", encourage them to take a few deep breaths to re-connect with the "outside" world. Give them a full glass of alkaline water to drink (if you don't have an alkaline water generator, put a few drops of lemon in the purified water.)

While he/she is drinking, allow them to talk about anything that came up during the session.

If you have used a pain scale, ask what the pain level is now. If you have used BP monitors, check that as well. In the case of clients with Parkinson's Disease or similar conditions, be sure to monitor the effects with respect to tremors or stability. Insure that the client is stable and fully aware before sending him or her home!

Addendum for practitioner using music:

While it's tempting to use familiar music, it is best to use soothing music that is not familiar, and that has no previous emotional impact on the client. Also, it's best not to have anything with a distinct "beat", because that could counter the effects of the VAT. Do talk about the client's preferences for music, and if you opt for music, be sure it is not going to adversely affect the benefits of the vibroacoustic frequency.

There is an exception to the use of familiar music. If the client has Parkinson's or Alzheimer's disease or some other form of dementia, it is often helpful to have the attending family member or caregiver have available a recording, either on a CD or MP3 player, of a selection of music that has good memories. Research has shown that many of these clients respond to VAT best when they are engaged also in listening to comforting music that triggers positive memories for them.

It is NOT recommended to attempt biofeedback at the time VAT is being administered.

Remember: Less is more – volume wise and sensory wise. The less distraction, the more attentiveness to what the vibroacoustics are doing to the mind and body.

That means we don't do aromatherapy or color therapy or any other modality while the vibroacoustic session is going on. However, that does not mean that you cannot do another therapy such as massage or Reiki before or after the session.

The sessions last around 25-35 mins, but about 20 additional minutes need to be set aside to give time for preparation and recovery.

How many treatments?

If it is a serious condition, it could take anywhere from 5 to 20 treatments to make the client comfortable between sessions, that is, to keep the pain levels low, or to help with stress-related issues. However, most clients will report feeling better after just one treatment.

Parkinson's and COPD patients usually need ongoing treatments to keep symptoms at bay. VibroAcoustic Therapy International has some portable units at reasonable prices that the client could purchase to supplement therapy sessions.

For certain conditions like headaches/migraines, the symptoms may become stronger at first after the preliminary treatments before reducing or disappearing completely.

OVER-EXPOSURE

While it is highly unlikely that a 23 minute session could result in over-exposure, it is important to be mindful of potential symptoms which could occur if:

- a) The volume (amplitude) has been too strong (high)
- b) A frequency that is not right for the client has been used. Thus the importance of spending time before the session to choose the right program.
- c) The duration of the session has been too long for the client.

Symptoms of over-exposure:

Cold sweats

Dizziness

Tachycardia or subjective feeling of unpleasantly strong heart activity

Anxiety

Muscular over-use pains

Increased pain level

In such cases, discontinue therapy until the symptoms have disappeared. If the client feels subjective uneasiness, therapy should be terminated for that day, even if the session is not complete.

In some cases, for example, when dealing with fibromyalgia, the client may feel an increase of pain initially. This is usually a sign of positive effect on this condition. However, if the pain remains in the same spot over several days, it may be a sign of an unmasked inflammation, and a physician should be consulted to exclude this possibility. The inflammation should be treated in the normal way before VAT is resumed.