

CLARITY SOUND THERAPY

CONTRAINDICATIONS & SAFETY INFORMATION

Sound therapy is suitable for many people, but some conditions or circumstances require extra caution, adaptation or medical advice. Please tell me before your session if any of the following applies to you.

PLEASE SPEAK TO ME BEFORE ATTENDING IF:

Pregnancy: Particular caution is advised during the first 12 weeks. Instruments will not be placed on the body during pregnancy, and individual circumstances may require medical advice.

Epilepsy or seizures: Especially where sound has previously triggered a seizure. Sound-induced epilepsy requires medical advice and may mean sound therapy is unsuitable.

Pacemakers or implanted medical/electronic devices: Including defibrillators, stents, shunts, deep-brain stimulation devices or artificial heart valves. Instruments will not be used directly on or close to these devices; medical advice may be appropriate.

Serious heart or vascular conditions: Please seek medical advice if vibration or intense sound stimulation could be unsuitable for your condition.

Recent surgery, significant injury, open wounds or fractures: Instruments will not be placed on or close to recent surgical sites, wounds or vulnerable areas.

Metal implants or plates: Please disclose these before 1:1 sessions, particularly where instruments may otherwise be used on or close to the body.

Acute psychological distress or serious mental-health circumstances: Intense sound can be overstimulating for some people. Suitability should be discussed with an appropriate healthcare professional where relevant.

Tinnitus, hyperacusis, significant sound sensitivity or hearing aids: Sound levels, distance and instrument choice can be adapted. Please discuss your needs with me before the session.

DURING YOUR SESSION

Your comfort and safety come first. Sound levels and distance from instruments can be adjusted at any time. Please tell me immediately if you experience discomfort, dizziness, pain, distress or sensory overload. You are always free to change position, sit up or leave the session.

IMPORTANT

This is a precautionary guide and is not exhaustive. If you have a medical condition, implanted device, recent procedure, pregnancy or concerns about suitability, please contact me before attending and seek advice from your GP or relevant healthcare professional where necessary. **Sound therapy is a complementary wellbeing practice and is not a substitute for medical assessment, diagnosis, treatment or prescribed medication.**

PROFESSIONAL GUIDANCE

Prepared with reference to guidance and professional practice standards published by **The Sound Healing Academy**, including its guidance on contraindications. Clarity Sound Therapy may adapt or decline a session where necessary for safe practice.

Thank you for helping me keep your experience safe, comfortable and appropriate for you.

Chloe