

Sound Healing – Contraindications

Sound Healing has been used all over the world for centuries as a well-being practice and is very effective and safe, however there are some instances where I would feel it would be best to consult your GP/medical consultant ahead of receiving healing.

I have listed conditions below, however if you are not sure, please contact us and I can advise if it is safe for you to take part in this session or if you feel you would like to consult your GP.

- Pregnancy, breastfeeding – please consult your GP/Midwife and notify. It is not normally recommended to receive any healing during the first trimester.
- Cardiovascular problems/heart problems or any heart issues previously, please contact your GP and if taking any form of medication – do please let me know ahead of the course.
- Aneurysms, epilepsy, seizures present or in the past
- Anyone taking heavy medication
- Severe psychiatric symptoms especially psychosis or paranoia
- Bipolar disorder
- Although sound healing can be incredibly beneficial for working with mental health providing a soothing experience for the nervous system, it may also trigger the release of emotions, so please speak to a GP/Therapist/Support Worker ahead of the course to ensure you have the right support to deal with the release of emotions and of course notify me ahead of the course with any concerns.
- Any person who has recently had surgery or has metal plates inside the body.
- People with asthma should bring their own inhaler and consult with their GP ahead of taking part in the session.
- People who take diabetic medication, please consult your GP ahead of taking part in the session and of course remember to bring any medication to the session.

I declare and certify that I am in good health in all the above-mentioned respects, this declaration constitutes a material agreement to allow me to participate in the Sound Healing Session.

I know and acknowledge that the person facilitating is not a doctor or psychiatrist, or a specialist in healthcare, and that the activities offered are not intended to treat and diagnose specific medical conditions, whether physical, psychological, or emotional.

Name:

Date:

Signature: