

Client Health Information & Participation Agreement Template

Example wording that practitioners may adapt for their own sound therapy practice.

Sound therapy is generally considered a **low-risk complementary wellbeing practice**, often used to support relaxation, nervous system regulation, and overall wellbeing. However, certain health conditions may require the session to be adapted to ensure the experience remains comfortable and appropriate for each participant.

The purpose of this form is to help practitioners work safely and responsibly. Clients are encouraged to share any relevant health information before the session begins so that the practitioner can make appropriate adjustments where needed.

Participants are also encouraged to **communicate openly during the session** if anything feels uncomfortable, overwhelming, or unsettling. Sound is experienced differently by each individual, and clients are always welcome to adjust their position, take a break, or step out of the space if needed.

A collaborative approach between practitioner and participant helps create a **safe, respectful, and supportive environment** for the session.

Health Considerations

Clients are asked to inform the practitioner before the session if they have, or have previously experienced, any of the following:

Neurological conditions

- Epilepsy or seizure disorders
- History of brain injury
- Severe or chronic migraines

Cardiovascular conditions

- Uncontrolled high blood pressure
- Recent heart attack or cardiac event
- Pacemaker or implanted medical device

Mental health considerations

- Acute psychosis
- Severe dissociation
- Mania or unstable mental health states

Pregnancy

Clients are encouraged to inform the practitioner if they are pregnant so that the session can be adapted for comfort and safety.

Hearing sensitivities

- Tinnitus
- Hyperacusis
- Sensitivity to sound or vibration

Clients are also invited to share **any other medical conditions, injuries, or sensitivities** that may be relevant to their experience.

Personal Responsibility & Communication

Sound therapy is a complementary wellbeing practice and **is not intended to replace medical or psychological treatment.**

Clients are responsible for informing the practitioner of any relevant health conditions prior to the session. During the session, participants are encouraged to listen to their bodies and communicate any needs, discomfort, or concerns that arise.

Participants may adjust their position, take breaks, or step away from the session at any time.

Participation

By purchasing a ticket or attending a session, clients confirm that they have read and understood the information provided and agree to take responsibility for their own wellbeing during and after the session.

Participation in sound therapy sessions is voluntary, and the practitioner cannot be held liable for any physical, emotional, or psychological responses that may arise during or after the session.