

CONTRA-INDICATIONS & CAUTIONARY RECOMMENDATIONS

According to **The British Academy of Sound Therapy (BAST)**, sound and frequency therapy can be **inadvisable or require caution** in certain situations due to the potential effects of sound on the body and mind. They outline specific **contraindications and cautionary circumstances** where sound therapy should be avoided or adapted.

Key Situations Where Sound Therapy May Be Inadvisable or Require Caution:

1. Sound-Induced Epilepsy or Photosensitive Epilepsy

- **Reason:** Certain frequencies, especially rhythmic patterns like binaural beats or low-frequency pulsations, may trigger seizures in sensitive individuals.
- **Recommendation:** Avoid sound therapy unless under medical supervision and with a fully informed practitioner.

2. Severe Mental Health Conditions

- Includes conditions such as **schizophrenia, psychosis, or bipolar disorder (in acute phases)**.
- **Reason:** Sound therapy can amplify internal experiences or stimulate altered states, potentially destabilizing someone with complex mental health needs.
- **Recommendation:** Use only with clinical oversight or specialized integration with mental health care.

3. First Trimester of Pregnancy

- **Reason:** Some believe that intense sound vibrations or deeply resonant instruments (like gongs or drums) may overstimulate or unsettle the early fetal environment.
- **Recommendation:** Use only gentle sound therapy techniques and avoid high-intensity or full-body vibrations.

4. Pacemakers or Electrical Implants

- **Reason:** Vibrational therapy and magnetic sound instruments (e.g., singing bowls, tuning forks) may interfere with implanted devices.

- **Recommendation:** Consult a medical professional before participating in sound therapy sessions.

5. Recent Surgery or Injury (especially to the head or spine)

- **Reason:** Vibrations may interfere with healing processes, especially if applied directly to the body.
- **Recommendation:** Avoid direct application of sound to affected areas.

6. Metal Implants or Joint Replacements

- **Reason:** Vibrational instruments can cause discomfort or unpredictable resonance in areas with metal parts.
- **Recommendation:** Inform the therapist to avoid targeted sound application on those areas.

7. Severe Tinnitus or Hyperacusis

- **Reason:** People with hypersensitive hearing or ringing in the ears may find sound therapy painful or overwhelming.
- **Recommendation:** Only proceed with customized, low-volume therapy under guidance.

BAST's General Guidance

BAST emphasizes the importance of:

- **Informed consent**
- **Pre-session health questionnaires**
- **Tailored sessions based on individual needs**
- **Working within ethical and professional boundaries**

If you're planning to deliver sound therapy sessions, it's advisable to follow BAST's Code of Conduct and consult their practitioner training materials, as they provide detailed safety frameworks and protocols.

Would you like a summarized checklist of contraindications for client intake forms or educational materials?