

THE ALIGNED PROFESSIONAL MINI COURSE DISCLAIMER & CONTRAINDICATIONS

We are so excited to have you in the course. Before we jump into any content let's cover some housekeeping information. As a disclaimer, it's important for you to know that the information provided in this course is for educational purposes only and is not provided as a professional service, medical advice or is it intended or implied to be a substitute for diagnosis or treatment. The information provided is based on personal and professional experiences and the research presented. You are encouraged to confirm any information obtained from this course with other sources and review all information regarding any medical condition or treatment with your appropriate care providers.

This course does not guarantee specific results.

Align OT and Creative Concepts In Occupational Therapy are not liable for any issues or risks associated with using the information contained in this course.

So, that being said, it's important to keep yourself safe when practicing these techniques. They are for educational purposes to help you better understand how these different techniques can work with you, so it's important to remember the contraindications since we are not familiar with your medical conditions or anything that might be important for you to remember when practicing these techniques.

So, contraindications for sound journey-It's advised to avoid this technique if you have epilepsy or seizure disorders; if you have metal implants or devices such as pacemakers, coronary shunts, artificial heart valves, or metal pins or staples; and then also to consider auditory sensitivities and hearing aids-this could affect the pitch in the sound and your experience when you're practicing these and then also to be mindful of post-traumatic stress disorders which could be triggered through sound, possibly, so we want you to just be mindful of your sensitivities, your challenges, your medical conditions, to keep you safe and that's the importance here is to make sure that you're safe and that you're enjoying practicing these techniques.

And at any time where you should feel something come up whether that's related to some past trauma or you're just experiencing the sound in a different way that you're not comfortable, it's always important to remember that you have a choice-you can leave, you can give yourself a break, you can process the information in a safe space and then get back to it if you're comfortable doing so.

Since this is a neurodiverse activity and we're giving you choices and providing you with opportunities to further your education we want to make sure that you're mindful and safe of your conditions while practicing these different techniques.

But it has been noted in my own personal practice and through other sound healers that people with conditions and items mentioned previously have and do participate in sound journeys-it's just how it's presented and the choices that we give you as listeners and explorers using sound. And these experiences can be enjoyable, and we want you to enjoy them, so, it's important for you the participant to be mindful of your own condition or conditions and your needs before during and after your participation.

This also applies to the power of breath activities as well. More so in terms of feelings and experiences that may arise. But also, being mindful of medical conditions. This is typically a safe experience for people of all varieties, all conditions, any and all conditions, but really for sound and for the breathing activities knowing yourself, paying attention to how you feel throughout the experience, including before and after, knowing that you have the choice to stop and revisit at a later time.

Since this is something that helps with change, it's important to understand that you will have different types of change. Change sometimes can be positive and sometimes it can challenge us if we're working through those barriers so it's important to be non-judgmental, and to give yourself the choice to step away, gain support for yourself and what you're feeling, and then move forward from there.