

Assisting clients through the Healing Crisis

– Consultant Use ONLY

The sound is too harsh - This is usually because the volume is too high. Try turning it down so low that the sound is just barely audible. You can also listen during other activities like travelling, conversing, watching TV or sleeping, so that you are not paying attention to the Sound Therapy.

Pain in the ears - Slight or temporary pain in the ears can occur as muscles that were not fully functional come into use. This is similar to the muscular aches which accompany any new exercise program and will soon pass with continued listening. If it troubles you go back to the earlier albums for longer before introducing albums 3 and 4.

Colds or ear infections - If your client has a cold or an ear infection Sound Therapy may gently stimulate the ear and speed healing. However, in some cases the stimulation may be too strong and it may be best to back off or reduce your listening until your ear heals. You will be the best judge of how much your ear can tolerate at such times.

For additional help with treating infection or mucous congestion, some of the products in the Modere range such as Lacto Flora, Ming VMM or Respiral may assist.

Increased tiredness - This is a common reaction to beginning Sound Therapy listening, as described by Patricia Joudry in her book but do not be put off by it. It is only a temporary effect as the client's ears and nervous system adjust to the new sound stimulation. It is a sign, in fact, that the therapy is working, and it will normally give way to new and vibrant energy levels as long as you continue to listen through this stage of your adjustment.

Increased dizziness - As the vestibular system (the part of the ear which controls balance) is stimulated by Sound Therapy, your sense of balance must make some re-adjustments. This can cause temporary dizziness or nausea. This will pass after a few days if you continue to listen. People who suffered from dizziness before beginning Sound Therapy usually gain relief from their condition.

The following conditions are not included in the workbook but may come up and need reassurance

Irritation - As the nervous system deals with new input and reaches new levels of integration some individuals may become irritated or disconcerted. It is important to persist with listening through such experiences to experience a breakthrough in neural integration. With children, occasionally bad behaviour may occur at these times, but will almost certainly improve as integration takes place.

Blocked ear seems worse - Stimulation of the muscles around the Eustachian tube may initially cause some reaction or spasm in these muscles and could temporarily worsen blocked ear. With regular continued listening at the appropriate level, this should soon resolve. It is worth persisting!

If blocked ear is related to infection or mucous congestion, some of the products in the Modere range such as Lacto Flora, Ming VMM or Respiral may assist.

Tinnitus seems worse - this is normally a temporary reaction as the ear and nerves are stimulated in a new way. If the person has been exceeding the recommended listening or is hyper sensitive or has had a severe reaction, it may be advisable to reduce the listening. Some people may have to go back to just one hour a day, or 30 mins or even 5 mins and work up gradually. Others, if they feel comfortable, can just persist through the healing crisis. It is also important to consider nutritional support, physical and psychological stressors, neck and jaw tension and other life events. A cold or virus can play a role. If there is a correlation with increased blocked ear or dizziness, it probably has a muscular component so can be worked through gently like any muscular injury. If it is purely neural, consider stress, mental state and nutritional support.

In addition to Feroxin and Revenol, other Modere product that may help tinnitus are Respirall, Ingenious or Atrimax.

Headaches - In some cases headaches may be related to the person adjusting to Sound Therapy and assimilating new input to the nervous system. Work with the client to help them get through this phase and offer other treatments as appropriate. If the client is also taking Revenol and Feroxin it is important that they drink more water to assist with detoxification, otherwise headaches may occur.

For natural relief of headaches or other pain, the Modere product Nuroleze is recommended

Emotional healing - some clients may experience some unresolved memories or emotions such as grief or anger, surfacing which can be confronting. After a certain period (perhaps a few days or weeks) this feeling is likely to be replaced with a sense of wellbeing and resolution. In rare cases, a person may need professional counselling to deal with the responses that are surfacing.

Nutritional support can often be beneficial for emotional healing Extramin is a product in the Modere range which is helpful for the temporary treatment of stress, anxiety or depression.