



## UNYTE-ILS SSP INTAKE FORM For Clients

Client: \_\_\_\_\_

Facilitator: \_\_\_\_\_

Date: \_\_\_\_\_

### **Note to Client:**

As we start to consider the delivery of SSP for you, it will be helpful if you could please answer the following questions as honestly as you can. Please be assured that the information you share with me is confidential.

As you will see, this is different from more traditional assessments or questionnaires you may have experienced in the past. There are no rights and wrongs here. Instead, it is designed to give me more information about your current circumstances. You will see that there are two sections to this form for you to complete: one for you to share details about your experiences, and the other about resources available to you.

The details you share with me will help us work together to explore what will be the best way to move forward in your SSP journey. It is usually better if you don't spend too much time considering how to answer each question, as your initial response is often the most helpful to share. There are spaces for you to write more information that you think may be relevant or helpful for me to know.

# Questions and Conversation Topics

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## CLIENT EXPERIENCE:

### 1. **Sound sensitivity**

Check all that apply and provide details:

- Auditory hypersensitivity/hyperacusis** - certain frequencies of sound are strongly disliked; noisy environments are avoided
- Misophonia** - specific sounds have to be avoided or feel unbearable
- Auditory Processing Disorder** - hearing is normal but processing and understanding what is heard is compromised
- Difficulty hearing speech when there is background noise**
- Other:** \_\_\_\_\_

Details:

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### 2. **General sensory sensitivity**

Check all that apply and provide details:

- Certain clothing and textures are irritating**
- Certain tastes are overwhelming**
- Extreme response to certain smells**
- Difficulty knowing where limbs are in space**
- Extreme motion sickness**
- Hypersensitivity to light**

Inability to accommodate and adjust to certain sensations

Other: \_\_\_\_\_

Details:

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**3. Prior listening experience:**

a. Successful prior completion of the SSP?

**YES / NO**

Describe

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b. Prior listening therapies?

**YES / NO**

Describe

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c. How does music affect you generally?

Calming,  
Grounding



Aggravating,  
Irritating

d. More about your experience with music (no scores):

i. How do you engage with music in your life?

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ii. Do you listen to music often?

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iii. What type of music do you like?

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iv. Are there times when you prefer silence?

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*How do the above vary depending on how you feel? It may be helpful to consider your level of tiredness, your emotional state, the time of the day.*

Details

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#### 4. Nervous system tendency

When reacting to distressing events in our lives (become dysregulated or destabilized), it is normal for us to quickly move out of a restful (ventral vagal) state of social engagement and connection, and into a survival state.

There are two general types of survival responses or states and we usually tend to move towards one more than the other.

- Activation/mobilization (sympathetic hyper-arousal) or
- Shutdown/immobilization (dorsal vagal hypo-arousal)

Please use the lists of descriptors on the next page to help you consider which you tend more toward.

Please note that while these words may have a negative tone, both systems are important and valuable supports of the body. You may find it helpful to circle the words that apply to you.

**In sympathetic hyper-arousal, (activation/mobilization)** you might feel:

Anxious	Agitated	Restless	Tense	Irritable
Hypervigilant	Impulsive	Uptight	Rigid	Rage
Have racing thoughts	Feel your heart racing	Rapid breathing	Unable to Focus	Too much energy
Reactive	Stressed	No time or patience to make conversation		
Other: _____				

**In dorsal vagal hypo-arousal, (shutdown/immobilization)** you might feel:

Low	Shut down	Shame	Numb	Overwhelmed
Frozen	Sad	Depressed	Lifeless	Sluggish
Heavy	Isolated	No or slow energy	Want to curl up & hide	Avoidant
Withdrawn	Disconnected			
Other: _____				

a. When reacting to distressing events I tend more towards:

Sympathetic hyper-arousal (activation/mobilization)

Dorsal vagal hypo-arousal (shutdown/immobilization)



## CLIENT RESOURCES

### 5. Please answer the following to describe your current home environment:

#### a. General feeling at home

Calm

Chaotic



#### b. Noise

Peaceful,  
Quiet

Frenzied,  
Loud



#### c. People in your home

Supportive

Unpredictable



Details

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### 6. Access to support (co-regulation) from others and for yourself:

- a. *For children:* Will a reliable, caring adult be able to support their experience with the SSP?

**YES / NO**

Describe

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*For adults:* Do you have a reliable, caring person at or close to home who could support you during your SSP journey?

**YES / NO**

Describe

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- b. Will you have access to the same quiet space for your SSP listening sessions during remote delivery, and will your privacy in these sessions be respected?

**YES / NO**

Describe

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- c. Will you have access to a peaceful supportive environment to practice self-regulation between sessions and after completing SSP?

**YES / NO**

Describe

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**7. Access to other nurturing and supportive resources (self-regulation):**

Check all that apply:

- Nature, open spaces, even a nice view out of your window
- Pet
- Body awareness/movement practice (such as a sport, Pilates, dance...)
- Yoga, meditation or spiritual practice
- Breathing exercises, singing in a choir, playing a wind instrument
- Creative activities such as art, drama, or music (other than singing or wind instruments)
- Other: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**8. Although there is always the possibility of unforeseen circumstances, it is helpful to know if there are any significant events likely to happen in your life or those close to you which may have an impact on your ability to benefit from SSP. It is helpful to be aware of these in advance, if possible, so they can be factored into the timing of SSP delivery for you.**

Please provide any details of events happening or expected in the next few weeks or months so these can be considered: such as exams, job stress, medical procedures or operations, house move, recent bereavement or life change.

In addition to considering your current personal circumstances, it is also helpful to reflect on the larger world and how current events and the background situation (i.e. weather, politics, crime, contagious diseases...) may be affecting you. Does your life and world feel comfortable?

Comfortable

Unsettled





Comments

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9. **Before starting your SSP journey it is important you understand that this is a process you are engaging in for yourself and you will have the opportunity to learn new ways to help you stay more steady and regulated in the future. Although the listening is passive, the work to sustain the experience is intentional, and requires active engagement from you throughout.**

Do you have a willingness to engage and participate fully in the process with me as your SSP provider, and understand that the SSP is not a quick fix, or a stand-alone therapy?

I'm all in

I'm skeptical



Comments

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