



UNYTE-ILS SSP INTAKE FORM For Clients Aged 13-18

Client: _____

Parent/Guardian: _____

Provider: _____

Date: _____

An Invitation for a Conversation about your Nervous System:

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.

This form will help me to learn a little more about you - and maybe you'll learn a little more about yourself too. There are no rights or 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 in life, 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's best if you don't spend too much time considering how to answer each question since your initial response is often the most helpful. There are spaces for you to write more information that you think may be helpful for me to know.

Questions and Conversation Topics

YOUR EXPERIENCE:

1. **Sensitivity to sound**

Check all that apply and provide details:

- Some frequencies or volumes of sound are uncomfortable for me; I dislike noisy places
- Some specific sounds are irritating or feel unbearable and I feel the need to escape them
- Even though I can hear what someone says, sometimes I have difficulty understanding what I have heard
- Sometimes I have a hard time focusing on what someone is saying when there is a lot of background noise
- Other: _____

Details:

2. **General sensory sensitivity**

Check all that apply and provide details:

- Certain clothing and textures are irritating
- Certain tastes are overwhelming
- Some smells are too much for me
- Sometimes, I have trouble sensing where my limbs are in space

- I get car sick easily
- Light can bother my eyes sometimes
- It can be difficult sometimes to adjust to certain sensations
- Other: _____

Details:

3. Previous listening therapy:

- a. Have you completed the Safe and Sound Protocol (SSP) before?

YES / NO

If yes, what was your experience like?

- b. Have you had any other listening therapies before?

YES / NO

What was the therapy and how was your experience?

- c. How does music affect you generally? Does it usually make you feel more calm or more hyped up and aggravated?

Calming,
Grounding

Aggravating,
Irritating



d. More about your experience with music:

i. Do you like to listen to music?

ii. How often do you listen to music?

iii. What type of music do you like?

iv. Are there times when you'd rather have it be quiet?

Do the answers to the questions above change based on your mood or how you feel? Examples are: how tired you are, what kind of mood you're in, or even the time of day.

Details

4. Nervous system pathways

When you run into difficult situations, it's normal to quickly move out of feeling balanced and social into feeling a bit out of control.

There are two general types of reactions or ways of coping with uncomfortable situations and people usually tend to move towards one more than the other. These two types are:

- The red (fight or flight) pathway
- The blue (shutting down) pathway

To help you decide which pathway is more common, please circle the feelings or behaviors that match up best for you. Even though some of these words or

actions may have a negative tone, both pathways are important and valuable support to you.

In the red (fight or flight) pathway you might feel:

Worried	Jittery/ jumpy	Unable to relax	Unable to take things easily	Cranky
Cautious	Impulsive/ reactive	Short- tempered	Inflexible	“Boiling” feelings
Consumed by racing thoughts	Heart beating fast	Rapid breathing	Unable to Focus	Too much energy
Other: _____				

In the red (fight or flight) pathway you might show the following behaviors:

Becoming frustrated easily	Being argumentative	Name calling or accusing	Fidgety/ constant movement	Sticky thoughts
Feeling bursts of anger & hostility	Resisting others’ suggestions	Pushing boundaries	Biting, hitting, throwing	Impulsive decisions or actions
Over-reactive responses	Walking or running away from situations	Crying, screaming, or yelling	Threatening words or gestures	Tantrums
Other: _____				

In the blue (shutting down) pathway 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	Unreachable		
Other: _____				

In the blue (shutting down) pathway you might show the following behaviors:

Disengaging or fading away	Low muscle tone	Seeming to not hear what others say	Hiding or shrinking	Letting others speak for them
Slumped posture	Low curiosity/ lack of playfulness	Drowsy/tired	Retreating from social connection	Avoiding eye contact
Recoiling from touch	Giving up	Giving in	Unhealthy digestion	Flat facial expression & monotone voice
Other: _____				

a. When reacting to difficult situations I tend more toward:

The red
(fight or flight)
pathway



The blue
(shutting down)
pathway

In contrast to the two defensive states above, when you are at rest, feeling comfortable, and cues of safety outweigh any cues of danger in your environment, you may be in a ventral vagal state where you can be socially engaged, calm, have impulse control, and generally experience feelings of wellbeing.

In a ventral vagal calm state, you might feel:

Safe	Alert	Proud	Interested	Curious
Calm	Content	Engaged	In control	Trusting
Willing	Accessible	Accepting	Ready to participate	Comfortable
Attuned	Connected	Confident	Cared for	Grateful
Other things you might feel: _____				

In a ventral vagal calm state, you might exhibit the following behaviors:

Engaged and aware	Cooperative	Interest in exploring	Advocating & doing things for yourself	Speaking your mind
Connected, but loose in your body	Curious and playful	Ready to learn	Interested in social connection	Maintaining eye contact
Affectionate	Wanting to do things for yourself	Perseverance	Healthy digestion	Good facial expression & vocal prosody
Other: _____				

b. I have experienced feeling safe and being in a ventral vagal state and can relate to these descriptors.

Agree

Unsure

Disagree



WHAT IT'S LIKE FOR YOU

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

a. General feeling at home

Calm

Chaotic



b. Noise levels at home

Peaceful,
Quiet

Frenzied,
Loud



c. People in your home

Supportive

Unpredictable



Details

6. Access to support from others:

- a. Will a reliable, caring adult be able to support your experience with the SSP?

YES / NO

Who will this be?

- b. Will you have access to the same quiet space without interruptions for the SSP listening sessions?

YES / NO

Describe the space where you can do the listening

- c. Will you feel comfortable sharing how you feel with your parents or other caring adults in your life?

YES / NO

Describe

- d. Are the relationships you have with the people in your life generally positive and supportive?

YES / NO

Please explain

7. Do you have access to things you can do that make you feel good?

Check all that apply:

Nature, open spaces, park, or yard

Pet

- Sports, play, dance, gymnastics, biking, climbing
- Simple breathing exercises, mindfulness or guided imagery, yoga
- Singing or playing a wind instrument (like a flute or trumpet)
- Creative activities such as art, drama, or music (other than singing or wind instruments)
- Other: _____

8. Are there any current stressful or upsetting events in your life or do you know of any that are coming up?

Please provide details of any events happening or expected in the next few weeks or months so these can be considered. Examples are: exams, change of school or teacher, recent or upcoming move, friendship stress or trouble with peers, illness, a new sibling, or recent loss of a family member or pet.

In general, how would you describe your and your family's current situation and experience? Does your life and world feel comfortable?



Details

9. Do you have a willingness to engage and participate fully in the process of listening to the SSP with me as your provider?

I'm all in

I'm not so sure



Comments
