



UNYTE-ILS SSP INTAKE FORM For Adult Clients

Client: _____

Provider: _____

Date: _____

An Invitation for an Autonomic Conversation:

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 intake forms you may have experienced in the past. 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, 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

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:

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:

3. Prior listening experience:

a. Prior completion of the SSP?

YES / NO

Please describe your previous experience with the SSP:

b. Prior listening therapies?

YES / NO

Describe the therapy and your experience:

c. How does music affect you generally?

Calming,
Grounding



Aggravating,
Irritating

d. More about your experience with music:

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

ii. Do you listen to music often?

iii. What type of music do you like?

iv. Are there times when you prefer silence?

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

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 defensive states and we usually tend to move towards one more than the other. The two states are:

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

Please use the lists of descriptors below to help you consider which you tend more toward.

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

In sympathetic hyper-arousal you might feel:

Anxious	Agitated	Restless	Tense	Irritable
Hypervigilant	Impulsive	Uptight	Rigid	Rage
Consumed by racing thoughts	Racing heart	Rapid breathing	Unable to Focus	Too much energy
Reactive	Stressed			
Other: _____				

In sympathetic hyper-arousal you might exhibit the following behaviors:

Quick to become frustrated	Use of loud voice	Name calling or making accusatory remarks	Fidgety/ constant movement	Intrusive thoughts
Frequent bursts of anger or hostility	No time or patience to make conversation	Confrontational or controlling	Angry or aggressive behavior	Impulsive decisions or actions
Over-reactive responses	Loss of patience	Panic attacks	Perseverative thoughts	Feeling defensive
Other: _____				

In dorsal vagal hypo-arousal 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	Alone	Hopeless	Unreachable
Other: _____				

In dorsal vagal hypo-arousal you might exhibit the following behaviors:

Zoning out	Feeling outside of awareness	Withdrawing from connection	Hiding or shrinking	Letting others speak up and lead
Collapsed posture	Shutdown behavior	Depleted of energy	Socially isolating	Averting eye contact
Avoiding touch	Giving up	Giving in	Unhealthy digestion	Flat facial expression & monotone voice
Other: _____				

- a. After comparing the feelings and behaviors of sympathetic activation and parasympathetic dorsal vagal shutdown, when reacting to distressing events I tend more toward:

Sympathetic hyper-arousal (activation/mobilization)

Dorsal vagal hypo-arousal (shutdown/immobilization)



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

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

Engaged and aware	Cooperative	Open to new ideas	Advocating & doing things for yourself	Speaking your mind
Feeling 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



CLIENT RESOURCES

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



Please share any details about your home environment

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

- a. Do you have a reliable, caring person at or close to home who could support you during your SSP journey?

YES / NO

Who will this be?

- 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

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

YES / NO

Describe

- d. Are your relationships with the people in your life generally supportive?

YES / NO

Describe

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

Check all that apply:

- Nature, open spaces, plants you care for in your home or garden, even a nice view you regularly appreciate from your window
- Pet
- Body awareness/movement practice (such as a sport, regular exercise routine, dance, regular walking...)
- 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 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 details of any events happening or expected in the next few weeks or months so these can be considered. Examples are: job stress, exams, medical procedures or operations, house move, recent bereavement, or life change.

Details and comments

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



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
