

BAND TRAINING

Stress Management Protocol

Introduction

- The Bioacoustical Utilization Device (BAUD) is a product that was empirically developed for the relief of stress from chronic pain thirty years ago. The influence of slow rhythmic acoustical beats was shown to have a pronounced positive impact on the levels of mental tension and levels of pain. This phenomenon was introduced to the pain programs as part of studies in ancient healing techniques and the applications can be found in some form anywhere in the world. It was from this source that research and development into a more sophisticated and portable design from which the BAUD was derived.

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- Several studies have shown that the brain will attune itself to an overall frequency in the Alpha state (8 – 12 Hertz) within 10 minutes for adult human beings. Similar effects can be found with dogs. The impact of a consistent acoustical rhythms have impact on relaxed emotional feeling and actions, especially when blended with musical melody and harmony.

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- The design of the BAUD represents a more complex yet more consistent with the physics of sounds and the neurology. The engineering technology utilizes a stereophonic sound wave of a square pattern for each ear in which the interference between the two will form a third frequency considered to be the medium that drives brain patterns. Each person's listening perception and stimulation is based on the comparisons between the senses coming from each ear, making most critical signal being the combined frequencies.

STEPS...

- The Bioacoustical Utilization Device (BAUD) should be introduced by a professional health care provider who understands the specific uses of the device and can guide the individual through its simple steps.

STEP ONE

- The first step is to help the client be aware of how he or she feels when they are stressed. By having the client review their memories for times in which they felt stress will help them note how they perceive the stress in their bodies. While imaging these experiences, have them take note of their feelings, especially their internal messages they are saying themselves, such as “This is horrible, this will ruin my life, etc.”
- Perhaps a form might be helpful at this stage.

	<u>Event</u>	<u>Feeling awareness</u>	<u>Internal dialogue</u>
1.	<i>Speaking to group</i>	<i>tightness in gut</i>	<i>I will screw up</i>
2.			
3.			
4.			
5.			

- When the client is aware of the feelings and experience, you have an implicit baseline to be visited later to determine progress. For example, both improved concentration and feelings states should be a correlated effect.

STEP TWO

- Adjust both volume knobs as shown (OFF)
- Turn on the device
- Insert the plug for your ear buds
- Adjust the volume such that the balance is equal, between the ears
- The volume should be “relatively” high
- Turn off the BAUD



STEP THREE

- With the device off so the individual can hear your instructions, have the person close their eyes to make a humming sound that feels to the person like a relaxation sound. For those professionals who have had this experience, this is called “toning.” Four parts of the body are usually considered as stress sites or where people feel most of their stress most easily; the back of the neck, shoulders, chest and the stomach. With repeated trials and changing the tone, help the client find the location of his or her voice that feel the most powerful to him or her. This will help in assessing the intervention later.
- If the client has difficulties with the humming exercise, use the upper right knob on the BAUD to adjust the sounds for his or her sensitivity, as stated below. Using biofeedback monitoring, it may be appropriate to note the changes in the sensitive measures. For example, using the BAUD frequency or the person’s own voice, there will changes reflected from the biofeedback measures to help locate the stress sensitivities. Skin temperature will fluctuate, muscle tension will shift, and brain frequencies will change.
- Upon occasion direct monitoring on an area of the skin may serve a purpose. For example, placing the temperature probe directly on the area of the body that is most stressed, such as the shoulders or chest, there can be a direct effect felt or observed in the readings. Placing EMG electrodes on these areas will also show immediate response.

STEP FOUR

- With the tone found from humming, instruct the individual to use the upper right knob (pitch) to bring the device pitch to approximate the tone he or she was just doing and see if the pitch from the device also makes some change on a biofeedback monitor. After three minutes, most people also feel relaxation of the stress.



STEP FIVE

- Once the pitch has been determined (although this might be re-determined later) have the client select the upper left knob to magnify the impact of the acoustical stimulation to change the brain frequencies for maximum affect. The biofeedback instrumentation can be very helpful in validating this affect; however, as mentioned before, most clients will anticipate the instrumentation with relaxation sensations. Use the earlier assessment to show how the client's emotional state is.

