



The Sound Prescription

Therapy for Stress, Pain and Healing

Sound
Script
Therapy
with RTOT

Harmonious Life and Health Institute specializes in wellness therapies for the mind and body and is the home of The Sound Prescription (Sound Script Therapy with RTOT).

Sound Script Therapy with RTOT is a definitive form of Vibro Acoustic Therapy—a Massage with a Message—and is a very pleasant, relaxing alternative therapy much like, massage, ultra sound, reflexology, acupressure, and Reiki therapies. After therapy sessions, well clients and patients alike have reported the following benefits:

Physical Benefits to RTOT Sound Script Therapy Reduction of pain and a decreased need for pain medications; physical therapy results—greater range of motion after musical stimulation with residual effects of posture changes; decreased stress levels and increased life-coping skills; increased physical energy; decreased or eliminated stress headaches—without medication; improved sleep patterns and stabilization of vital signs.

Psychological Benefits to RTOT Sound Script Therapy Stress relief, anxiety relief, depression relief, increased hopefulness, increased relaxation, a sense of nurture and peacefulness, increased creativity, increased focus, improved mental attitude for general wellness and overall mood.

Psychosocial Benefits to RTOT Sound Script Therapy Increased emotional flexibility to cope in socializing events with family, business associates, doctors, nurses or physical therapy staff; increased mental awareness for socialization, improved attitudes.

GROUP THERAPIES

Family Group Therapy Sessions Each family member has their own time in the foot rest recliner position with the Sound Script RTOT Therapist as others listen—they hear no words, but the musical expression of the life force of their child, parent or spouse—giving insight and understanding into the inner beauty of the person. Sometimes each person has a different tone, sometimes the same—creating a new appreciation for likenesses or individuality among family members. There is "wonder" in hearing a person's tone and rhythms expressed in musical sound—no words, no threats, no arguments; just a nurturing moment-in-time that leads to a deeper understanding, by experiencing the beauty of another person.

Business Facility Sound Script Therapy Improves the morale of staff that participate in private sessions, promotes peacefulness and positive chemistry within working staff, reduces stress headaches and anxiety during corporate changes, promotes relaxed phone and client communications. (Sound Script Therapy may be done in private session and in group session at business locations.)

SEE THE OTHER SIDE OF THIS PAGE FOR SERVICES AND FEE SCHEDULES

For appointments or questions please call: Melody Long Anglin, Sound Script Therapist
Harmonious Life and Health Institute, L.L.C., 1500 Beville Road, Suite 606-300, Daytona Beach, Florida 32114
386-767-7862 • Web Site: www.HarmoniousLifeandHealth.com • E-mail: Anglinhous@aol.com

*Sound Script Therapy Services with suggested fees...
By Harmonious Life and Health*

1. Sound Script RTOT Vibro Acoustic Therapy one on one (in HLH office)
2. Sound Script RTOT Vibro Acoustic Therapy one on one (in home or another location)
3. Audio Recording of Sessions
4. Typed Records of Tone and Physical Body Correlation/Implications may be sent or given to family physician or clinical psychologist
5. Family Sound Script Sessions (see front description -- for family in HLH office)
6. Family Sound Script Sessions (see front description -- for family at home)
7. Couple Sound Script Sessions (in HLH office)
8. Couple Sound Script Sessions (in home or another location)
9. *Family/Couple Therapy Booklet... for home therapy use.

Other Harp Practitioner Services

1. **Hospice** - terminally ill transitional services, bereavement intervention and peaceful transitions benefit the dying and the family
2. **Births** (relaxation and tonal support)
3. **Chemotherapy with Tonal Support for Relaxation and Remembered Wellness**
4. **School Room Crisis** (in cases of classmate or teacher's death, assault, or tragedy) Tonal Support for Relaxation, Remembered Wellness and Nurture to be accompanied by children coloring their own drawings with free choice of topic and full range of colors and/or writing their own poems and thoughts if that is preferred by the child over creating a picture. A Harmonious Life and Health Clinical Psychologist with knowledge of Color Therapy or School Board assigned Clinical Psychologist reviews the pictures.
5. **Individual Child Crisis** (assault, divorce, loss of parent or sibling) Tonal Support for Relaxation, Remembered Wellness and Nurture to be accompanied by children coloring their own drawings with free choice of topic and full range of colors and/or writing their own poems and thoughts if that is preferred by the child over creating a picture. A Harmonious Life and Health Clinical Psychologist with knowledge of Color Therapy or School Board assigned Clinical Psychologist reviews the pictures.
6. **Neo-Natal Unit Intensive Care Tonal Support** to stabilize vital signs i.e. erratic heart rate, increase oxygen levels in the blood and decrease stress by providing tonal nurture.
7. **Pediatrics** if alert and oriented may use exploration of sound to create joyful distractions with the small harp as the child may play, or be played to for tonal support to stabilize erratic heart rate, increase oxygen levels in the blood and decrease stress by providing tonal nurture and birthing creative hope.
8. **Comatose Patients Tonal Support** to stabilize vital signs i.e. erratic heart rate, increase oxygen levels in the blood and decrease stress by providing tonal nurture.
9. **Alzheimer's Unit Stabilization** (to increase patient cooperation, personal value and restfulness)

THERAPY CHARGES ARE BASED ON IN TOWN RATES:

IF YOU COME TO THE HARP IT IS \$60/SESSION; IF THE HARP COMES TO YOU IT BEGINS AT \$90.

Sound Script RTOT Vibro Acoustic Therapy may be used in foot rest recliner position in any of the above individual "Harp Practitioner Services" if done by a certified Sound Script Therapist and requested by the patient or physician -- except in group treatments.

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