Resonant Life Counseling

SoundSafe: sound and vibration as a partner in therapy

For clinicians and clinics. SoundSafe starts by finding a depth of rest most clients have never felt. From there it can anchor trauma processing inside the therapy you already practice.

Talk with us about a referral



- Adam Petty, LPC, with master's degrees in music and counseling
- For individuals, couples, families and groups
- Works alongside EMDR, Somatic Experiencing, psychodrama and experiential therapy
- At our Tempe center or at your clinic

Two levels, one starting point

Every SoundSafe session begins the same way: finding which sounds and vibrations let a person rest, and which do not.

Relaxation level

Forward-looking and deliberately not trauma work.

- Group sound baths, with the proper training
- One-to-one sessions for stress relief and emotional regulation
- Sound assessments that map which tones and frequencies a person finds reactive, ready for the clinical notes

Clinical level

Sound inside the therapy you already practice.

- Used by dually trained clinicians within experiential, gestalt, EMDR, Somatic Experiencing or TRE work
- Nurturing sound environments that help titrate stress and hold dual attention
- Calm and tension mixed in one sound, so the client can watch from the outside like a train going by
- Sounds tied to an event can support the exposure parts of EMDR and experiential therapy

Who can practice

Introductory training opens one-to-one relaxation work.

- **Relaxation level:** BHTs, BHPs and well-regulated practitioners working with a supervising LPC, LCSW or psychologist
- **Clinical level:** licensed clinicians, who can go on to the advanced trainings
- Trainings run a few times a year at our Tempe center

More advanced uses need further training. Every level works alongside a supervising or treating therapist.

Inside a session

The client's sense of what is satisfactory leads. The clinician's goals follow.

1. **Arrive and orient**
   We introduce the space, hear what the client brings with them and explain the process if it's new.
2. **Find the starting sound**
   At a keyboard or synthesizer a short sound assessment and a few questions show where the client needs to start and which way they expect to go.
3. **Build the sound together**
   The client shapes the sound until it feels satisfactory. Their expectations come first. The clinician's pursuit of healing comes second.
4. **Explore**
   A relaxation session becomes a gentle guided meditation into rest, nurture and relaxation. In a clinical session the sound is the anchor and the clinician follows their own modality and the treatment plan. Longer sessions can repeat the build for two or three topics.

Dual attention, held in the sound

You can always mix whatever sounds a client needs, so dual attention can be held in the sound itself.

Adam Petty, LPC

Try a simple version yourself. Mix a few layers of calming sound while you read.

Who SoundSafe serves

Hearing sensitivities and a history of sound-related trauma are screened in, not out.

Most often

- Dissociation
- Significant trauma
- Stress and burnout
- Anxiety
- ADHD, autism and neurodivergent stress

Hearing and sound sensitivity

With good results, in collaboration with occupational therapy.

- Tinnitus and hyperacusis
- Misophonia, where a soothing rapport with sound opens a sound-based dialogue between client and clinician
- Other inner ear conditions

When we slow down

- Trouble finding any relaxation at the start is our main signal to slow down or stop. It points to window of tolerance concerns that sound won't fix.
- Highly dissociative clients with negating messages need specific training and experience.
- Active psychosis and acute crisis need extensive support and preparation.
- Pregnancy needs a doctor's approval.



How SoundSafe stays safe

The client sets every limit, and the process screens itself.

- **The assessment is the screen.** Intake follows your usual therapy screening. The opening sound assessment then shows whether the work fits: regulation in general, regulation with sound, and enough present orientation for driving, school and work between sessions.
- **The client sets the limits.** Sound plays through a vibration table. Volume is checked by asking about comfort, and frequency limits come from the assessment. Clients choose what they hear, how much and how intense.
- **Reactions can be the work.** A productive reaction that brings new material, new memory networks or insight is supported up to the closing window. A bigger reaction gets nurture and attachment interventions right away, often in sound.
- **The sound stays a safe place.** We ask for room to let the sound become a source of nurture, so it isn't blamed for the stress. If a client needs a break from it we step back and gently offer to return.
- **Every session closes safely.** The last 15 to 20 minutes bring the work to a logical end, close the processing space and reorient the client: looking around the room, sitting up before standing, and a quick mental status check before driving. Anyone not ready can rest and keep regulating. Notes capture the music and the content so the next session picks up smoothly.

What clients notice afterward

Clinical observations from our own practice. A research reading list is on its way.

After relaxation work

Sleep improves for a few days. Regulation increases, the window of tolerance widens and anxiety drops noticeably. These changes fade after five or six days, and clients hear this at the start.

During therapeutic work

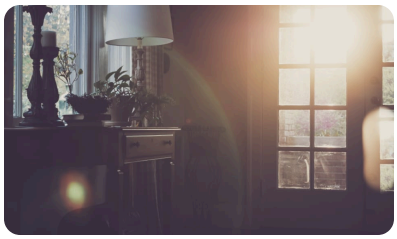
Sleep may be less settled for a while and dreams more vivid. Irritation and emotional swings can rise as different parts of the brain work through the material. The clinician keeps this from overtaxing the client and titrates so processing doesn't climb with every session.

Over time

Lasting change comes from the therapeutic work. Clinicians learn to find "the pocket" of healing, a jazz term, moving from relaxation toward trauma processing as regulation at home grows. Former clients report gains that continued for weeks, months or even years after sessions paused.

Groups, families and intensives

A processing sound needs no personal details, so safety holds even in a group.


Sound baths
Passive and meditative, offered after other processing as grounding only. People tune in and out as they choose.

Star process
One to three volunteers do personal work while the rest of the group supports them and does its own quieter work.

Intensives
Groups of eight to ten where each person holds slots in the processing loops. Not every slot uses sound. The base is experiential or psychodramatic therapy.

Families
Three- to six-hour intensives with sound throughout. Children and parents are supported separately and together.

Retreats
Weekend workshops with sound woven through. Participants, often clinicians, choose how to use it.

Staffing
Two facilitators for up to 15 people. Larger groups split into small groups of 9 to 12, each with a facilitator, plus a group leader.

See a group demonstration

Two videos from SoundSafe group work. Clinical session recordings are anonymized and shown in person only. Ask us to arrange a viewing.

Watch on YouTube: youtu.be/Hcl4_g9Lodg and youtu.be/JxNBgMOrCmI

Ways to work with us

For clinics, group practices and treatment programs.

Intensive workshops
Workshops for clients ready to move more quickly through tougher trauma topics.

Interspersed sound sessions
Sound every two weeks or monthly while clients continue with you. Occasional depth for tough spots that protects job, business or school.

Trainings and retreats
Trainings that start the process and build relaxation awareness. Process retreats where clinicians do their own work and earn training credit.

Sound assessments
A clearer picture of environmental cues and triggers, especially in more challenging presentations.

Referrals and rates

Starting a referral. Email or text us, with a release signed by the client. Many clinicians start by attending one of our webinars or information workshops.

What comes back to you. You and the client decide together what information is shared. We provide a clinical summary of the micro-treatment and progress.

Rates. Please contact us for rates. Work at your site is priced differently from sessions at our Tempe center. Individual, family and couple sessions are at our standard rates, which can be adjusted for frequency, an ongoing partnership or outsourced specialty care.



Meet Adam Petty

LPC, Master's in Music, Master's in Counseling

- TRE Level II, CET2 and Intuitive Experiential Therapy practitioner
- Psychodrama, 300 hours
- EMDR trained, working toward certification and consultant status
- Presented at IAGP in Pescara (2022), Turkey (2023) and Japan (2025), and at the Mingus Mountain Recovery Retreat (2014, 2015 and 2016)

Adam's conference work explores how groups build context and pass information intuitively, and how listening to the silence helps clinicians work more like jazz musicians than experts.

More about Adam

Bring SoundSafe to your clients

Get in touch to talk through a referral, a training or a workshop.

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