



RRP Headphone Guide



In most cases, listening through headphones is the recommended approach, particularly for providers who work individually with clients. Headphones facilitate a personal experience for the listener.



Recommended:

- On-ear headphones or earbuds are practical and accessible options, as they are inexpensive and most clients likely have a pair on-hand. On-ear headphones fit on the ears and have smaller ear cups that sit on the ear without forming a seal.
- Over-the-ear (circumaural) headphones facilitate a more immersive experience for the listener and are generally preferred when available. Over-the-ear headphones fit over the ears and have larger ear cups that cover the entire ear, forming a cup-like seal.
- Noise-canceling headphones are recommended in environments with external noise or to facilitate a more embodied experience.

Headphones may be connected through an auxiliary cord or Bluetooth, as long as the distance between the headphones and the device is kept to a minimum, so as to not lose connection and disrupt the music.

Speakers

In some cases, listening through speakers may be preferred. Speakers can facilitate a shared experience between client and provider.

For example, some providers who integrate RRP with touch work, such as massage or craniosacral therapy, appreciate listening alongside their clients. This creates the potential for shared entrainment, allowing providers to be even more in sync with their client's physiology and nervous system shifts.

Speakers should be of good quality and offer clear, accurate sound with a good balance of both high and low frequencies to capture all the details of the audio. These could include smart home speakers, a soundbar, portable Bluetooth speakers, or even high-quality studio monitors.



Not Recommended:

- Built-in laptop or phone speakers are not recommended.

To mimic the headphone-listening experience while using speakers, we recommend using a pair of speakers or a soundbar rather than a single speaker. Listening through a pair of speakers allows you to experience the program in stereo with left and right audio channels.

The most accessible option for stereo speakers is external computer speakers. They are easily available, cost-effective and typically come in pairs. You can position the speakers around your client or around the room to maximize the stereo effect and listening experience.

Speakers may be used for clients who are unable to tolerate headphones, or to decrease the intensity of the experience for highly complex or very sensitive clients. Keep in mind that anyone who is in the listening environment will receive RRP with the intended listener. Please use earplugs or limit access to the room as needed.