

Appendix A: Evaluation Tools

Name	Date	Pre-Pain	Post-Pain	Pre-Anxiety	Post-Anxiety	Pre-Depression	Post-Depression

Appendix B: Protocol Modifications

1. This protocol can be facilitated in an individual or group setting.
2. Depending on time considerations, this can be facilitated in a larger group (up to 10 participants) with at least 90-minute group duration.
3. Other Beamz tracks applicable to this session are: "Jazz Club," "Moonlight Redux," "Beamz Suite," "Classique," "Gathering of the Tribes," and "Sanctuary."
4. The autogenic relaxation can incorporate other parts of the body other than hands and arms.
5. For a longer group or individual session, extend the final phase to allow the teaching of more relaxation tools.