

# Tips on Taping for Wellness Providers

by Kathie Brodie

Do you tape record your sessions for your clients? Maybe you don't have the type of practice where that would be appropriate, i.e., massage therapy or Reconnective Healing,

client if you have sessions where your client speaks. If you are the only one speaking you can put the microphone close to you or even get a lapel mic that will clip to your shirt.

The only other thing you need is the capability to burn



Recording a client's session on a CD using a computer is a simple way to preserve valuable insights and experiences.

If that's the case, then this article isn't for you! In the past few months I have started recording my hypnosis sessions and offering to put each client's session on a CD for the client to take home afterwards. Maybe they want to review it, maybe they don't, but if they have the CD at least they have the option. I view it as added value. Now that I have learned how to navigate around some software, it isn't nearly as intimidating as I thought it was going to be.

Obviously one way to tape a session is to use your tape recorder and audio tape. I started doing that but several clients said they couldn't play an audio tape anymore. So I switched to CDs. There were clients who didn't have CD players, but I think CDs are the wave of the future so I decided to master that technology.

It is pretty convenient for me to set up my recording system because clients come to me. If you travel to the client, you can decide for yourself if this will work for you.

Here is a quick description of my setup: First of all, I use my laptop computer because it will produce a .wav file (audio) that I can burn to a CD right from the computer. The software I use is called Sound Forge Audio Studio by Sony. There are two versions, and I have the lower cost one, which is totally adequate for two voice recordings. There is other free software out there, but this happens to be the one I use. Then you will need a microphone that you can place between you and your

let the music go for maybe five to 10 seconds more, then stop recording and start saving it to the hard drive. It takes a little while to download the files so it can be saving while we are talking about the session. Then if the client wants a CD, I burn it while we are still sitting there. I have pre-printed my labels for the CD. They are generic and only contain my contact info, my logo, and a place that says "session date" with a line, so I fill that in after I have made the CD, put it in on the CD, put the CD in a case and give it to the client.

If you are recording your own CDs, you need a little more sophisticated setup with a better microphone, a sound baffle screen and a mixer, but it still goes right on the same computer hard drive. When I am making my CDs to sell, I do not play the music while I am recording because I edit out anything that I don't want, like clicks or general background noise when I'm not talking, and if the music were playing the editing would cut out parts of the music as well.

I have learned when the planes fly over so I don't record in the afternoons! I do any editing that I need to do, then I put the music track below the speaking track and save it that way. I preload the music that I want (I have several options for royalty free music) and I have the volume where I know it will work with the recorded words. It is a little tricky in Sound Forge to put the music track in, so I have some Dick and Jane type (simple) instructions for myself and now it seems easy.

All I do then is "mix" the music and the words, do a "save as" and it is finished! If you are curious about the quality, go to my website and listen to a CD of affirmations that I made using this equipment: [www.harvestoftheheart.com/Kathie\\_Brodie.php](http://www.harvestoftheheart.com/Kathie_Brodie.php)

This technology is here to stay so let's make use of it. It isn't as difficult as you may

think to give added value to your sessions or to make your own CDs.

Kathie has an office in

Shoreline and in Lynnwood. She has recording appointments available for people who don't want to buy all the equipment. Contact

Kathie Brodie, Consulting Hypnotist, at 206-546-8266 or go to her website [www.TheBaggageHandler.com](http://www.TheBaggageHandler.com).

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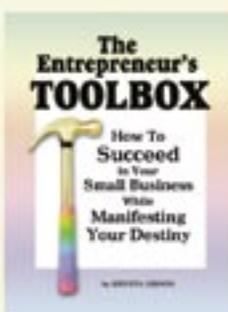
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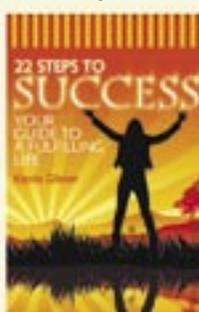
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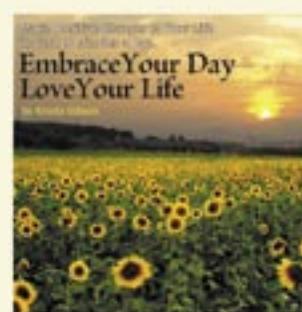
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