



## Therapeutic Listening

### What is Therapeutic Listening?

Therapeutic Listening is a sensory integration modality sometimes used to treat children with autism and other sensory processing disorders. Its origins are from Auditory Integration Therapy developed from the early works of Dr. Bernard Guy, a French physician and Dr. Alfred Tomatis, a French Ear, Nose and Throat specialist. Therapeutic Listening has adapted this methodology by using less specialized equipment and instead developing a protocol incorporating the use of modulated high and low frequency compact discs for use at home, school, and clinical setting. This methodology uses sound to assist children challenged by difficulties with movement, auditory perception, language and learning difficulties.

### How Does Therapeutic Listening work?

Therapeutic listening uses electronically altered music to affect a child's vestibular-cochlear function. The music is specifically filtered through a high pass filter to allow certain high frequencies to be accentuated and low frequencies to be muted. By using the vestibular-cochlear mechanism in the inner ear, the brain becomes trained to filter out low frequencies of sounds and tune in higher frequencies, such as the human voice. Therapeutic Listening is often used by occupational therapists in treatment as part of a sensory diet. Therapists who use this technique must be specifically trained in a Therapeutic Listening protocol. Only trained therapists are allowed to purchase equipment and compact disks.

### What are the Goals of Therapeutic Listening?

The goals of Therapeutic Listening usually support the previously established goals for the child. Goals may include: decrease auditory defensiveness, increase receptive language, increase expressive language, increase attention and focus, increase vestibular function and decrease sensory seeking behaviors. Other affects of Therapeutic Listening can include establishing sleep patterns, potty training, and calming behaviors.

### What changes can be observed during/after Therapeutic Listening?

Therapeutic Listening coupled with Sensory Integration (SI) tends to speed the emergence of:

- Attention
- Organized Behavior
- Self Regulation
- Postural Control
- Bilateral Coordination
- Praxis
- Fine Motor Control
- Oral motor/Articulation
- Social Skills
- Communication
- Visual Motor Integration

## **What you Might See While Using Therapeutic Listening Program**

### **Modulation/Self-Regulation**

- Improvement in sleep/wake cycles
- Reduction of sensory defensive behaviors
- A smoothing out of mood variance and arousal state
- Improvement in toilet training, especially over the age of 5 years old
- Increased regularity of hunger and thirst cycles
- Improved focus and attention

### **Postural Tone/Postural Attention**

- Establishment of body midline
- Ability to sustain active posture on stable and dynamic surfaces
- Improved cocontraction around shoulders and hips
- Active use of rotation in movement patterns

### **Motor Control**

- Use of bilateral motor patterns
- Emergence of praxis
- Improved articulation
- Improved fine motor skill

### **Spatial-Temporal Organization**

- Improved timing of motor execution
- Improved timing of social interactions
- Discrimination of dimensionality and directionality of spatial concepts
- Improved ability to maneuver through space
- Improved handwriting and visual motor skill

### **Communication**

- Greater range of non-verbal communication
- Non-verbal communication matches communicative intent
- Greater emotional expressiveness

*Frick, Sheila. Listening with the Whole Body, 2000, p. 3-16.*

## **For More Information**

Please visit one of the following websites:

<http://www.vitallinks.net>

<http://www.kispeech.com/sslistening.html>

<http://www.helpingyourchild.com>