



"Helping you Grow"

What is Therapeutic Listening?

Therapeutic Listening is a specialised and evidence based protocol. It combines a sound-based intervention with sensory integrative activities to create a comprehensive program that is effective for diverse populations with sensory processing challenges.

Therapeutic Listening uses organised sound patterns, inherent to music, to impact all levels of the nervous system to increase attention, balance, body awareness and control, communication, social engagement and organisation of sensory input. Overall, children are more organised and behaviourally regulated and have more rapid therapeutic outcomes.



How does Therapeutic Listening work?

The function of the ear is to feel and hear sounds and movement. It is referred to as the vestibular-cochlear system. The cochlea is the part of the ear that is our hearing sense organ, responding to minute vibrations and differences in sound waves. The vestibular portion of the ear detects movement of the head in space. It is considered the organizer of our body senses. It is our internal ear, allowing us to understand time and space from our body's perspective. It has a strong impact on muscle tone, posture, balance, coordination,

integration of the two body sides, visual spatial skills, emotional responses and motor-planning.

The vestibular-cochlear system is the first to develop in the utero and provides the foundation for both time and space organization of all other sensory systems. Therapeutic Listening treatment stimulates and exercises the vestibular-cochlear system. It is designed to enhance the accuracy of the sensory information sent from the vestibular-cochlear system of the ear to its multiple connections throughout the nervous system.

This approach builds on all of the scientific knowledge about sensory-motor integration as CNS organizer for meaningful function. Therapeutic Listening includes the addition of music through the use of electronically altered CD's to impact the central nervous system. This addition of music ties brainstem integration together with limbic system integration leading to more organized and functional behaviour outcomes. The addition of the auditory system to this treatment equation provides the considerable and unique power of uniting brainstem, limbic system, and cerebral cortex in the support of the development and emergence of higher cortical and cognitive function.

Who benefits from Therapeutic Listening?

Individuals with the following difficulties: Regulating sleep patterns, restricted diet and eating patterns/habits, reduced attention and difficulties sustaining concentration for tasks e.g. school work, communication difficulties, delayed speech development, regulating emotional and behavioural responses e.g. tantrums, anxiety, flattened emotional responses/expressions, irregularities in toilet training, reduced social skills, engagement and reduced self-esteem & confidence, delayed or awkward motor skills; coordination, planning and balance, handwriting difficulties, visual perceptual difficulties, disorganisation, impulsive behaviours or anxiety, Autism, Aspergers and ADD/ADHD, sensory Processing Disorders, Downs Syndrome, learning Difficulties.

What are the benefits of Therapeutic Listening?

When Therapeutic Listening is coupled with a sensory integration framework it enhances the emergence of: Emotional & behavioural responses, oral motor control and improved eating, attention & focus, self-regulation, Postural Control, praxis (motor planning), balance & coordination, fine motor skills, "evenness" or more regulated habits, communication, articulation and social skills, increased engagement and interaction, development of play skills, visual motor integration, improved sleep patterns, toilet training.

Information from: Sensational Kids OT, available at <http://www.sensationalkidsot.com.au/TherapeuticListening.htm>

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