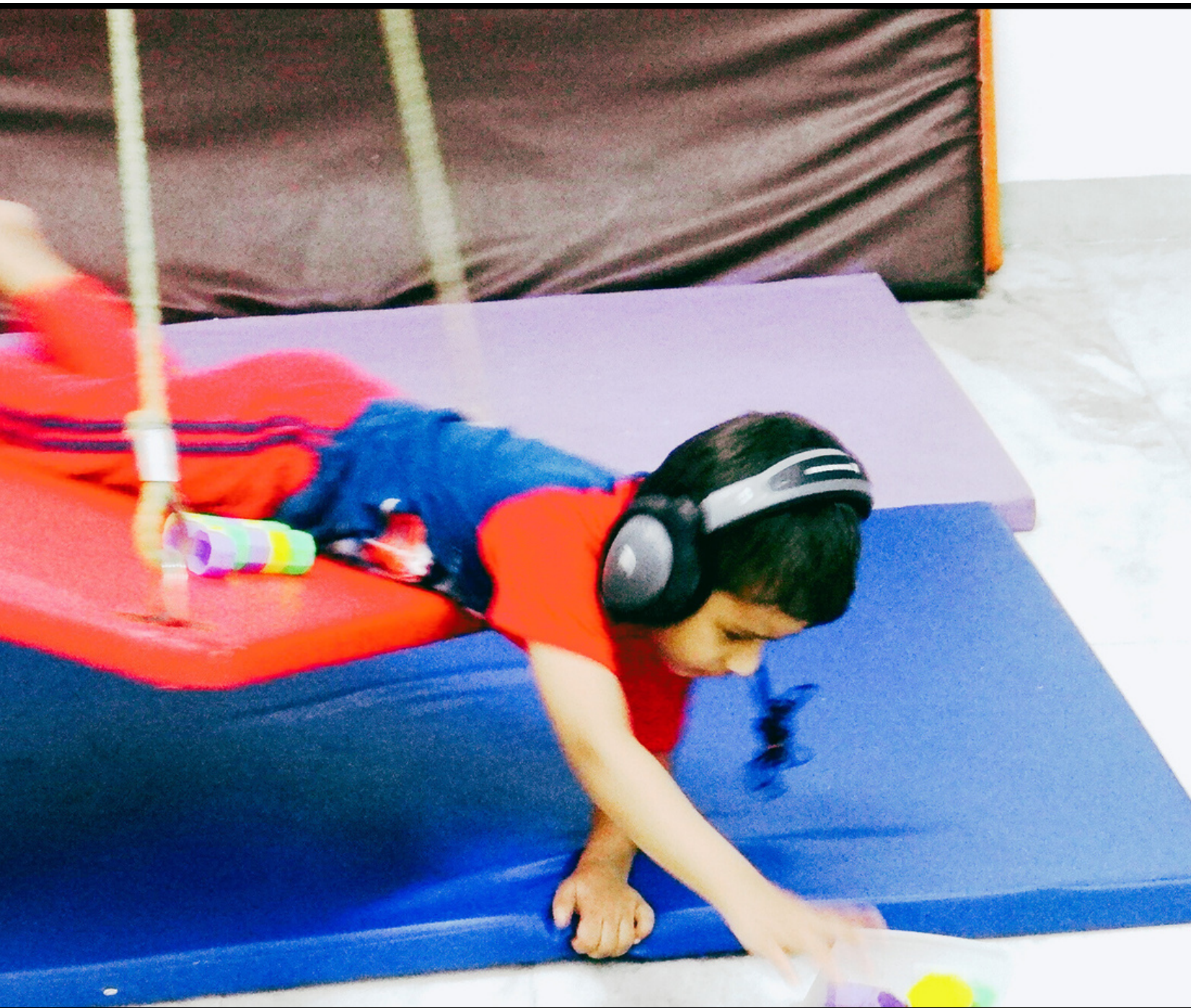


# Therapeutic Listening ?

# What is Therapeutic Listening ?



- An evidence based auditory intervention intended to support individuals who experience challenges with sensory processing dysfunction, listening, attention, and communication.
- It plays a crucial role in their Sensory Integration therapy approaches, potentially amplifying the treatment's effectiveness and reducing its timeframe.



# How does therapeutic listening work?



- Therapeutic Listening is a specific sound-based intervention that is embedded in a developmental and sensory integration perspective.
- The music is electronically modified to emphasize elements of the sound spectrum that instinctively attract attention and stimulate physical movement, harmonizing it with the surroundings.

# Who benefits from using TL?



Therapeutic listening protocol can benefit a wide range of children, especially those who have challenges with

- sensory processing,
- attention,
- communication,
- mood, or behavior,
- such as children with autism, ADHD, anxiety, depression, learning difficulties, or developmental delays

# How long do I play the music for ?



Modulated/Modified Music



- The Therapeutic Listening Protocol includes two daily listening sessions, each lasting 30 minutes, with at least a 3-hour gap between them if you are doing **modulated music**.
- Your child will use over the ear wired headphones to listen to the music.
- This protocol is integrated with various sensory activities, primarily focusing on vestibular and proprioceptive inputs, to enhance the effectiveness of the intervention.



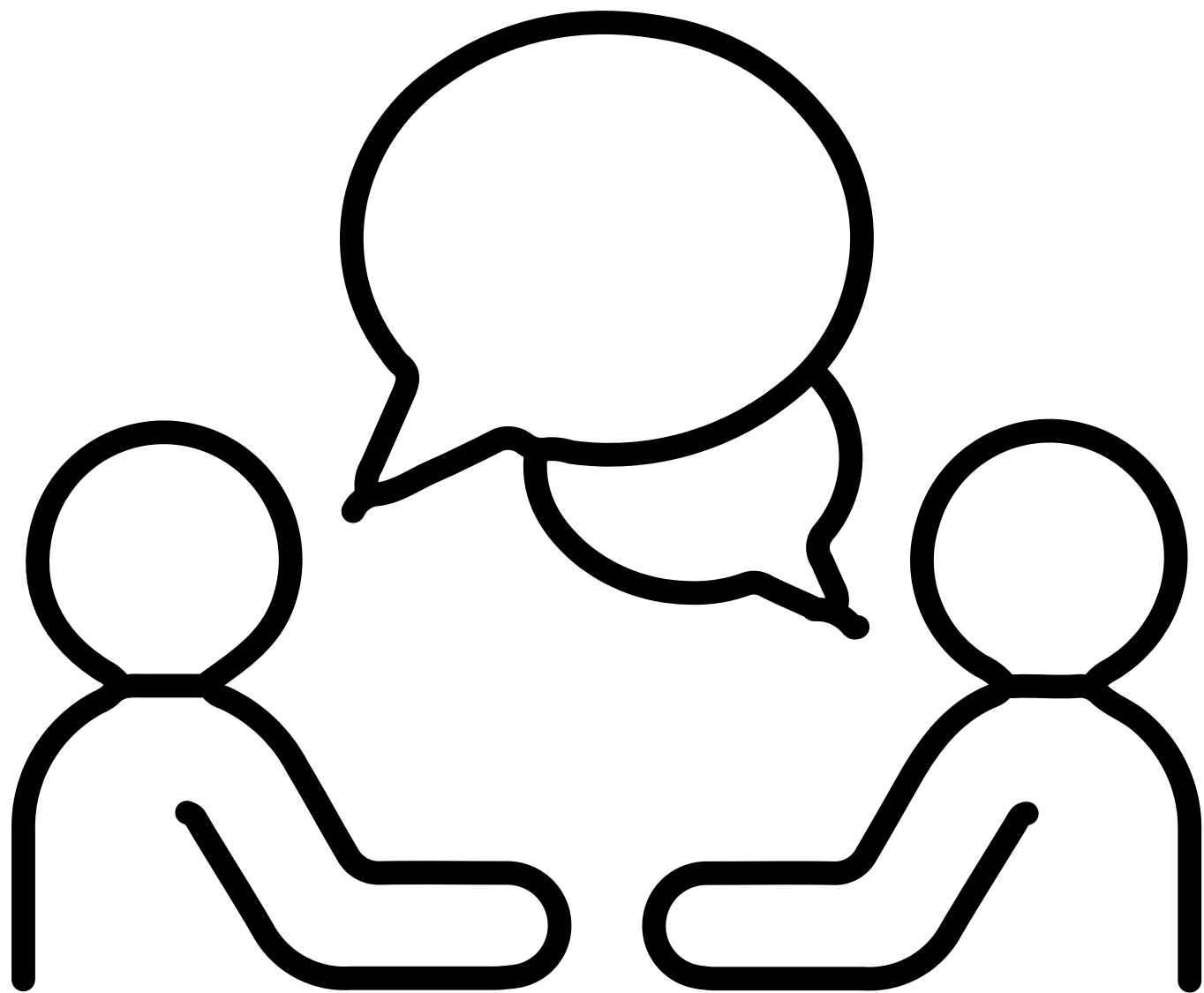
# How long do I play the music for ?



- The Therapeutic Listening Protocol includes two daily listening sessions, each lasting 15-17 minutes music with at least a 3-hour gap between them if you are doing **quickshift music**.
- Your child will use over the ear wired headphones to listen to the music.
- This protocol is integrated with various sensory activities, primarily focusing on vestibular and proprioceptive inputs, to enhance the effectiveness of the intervention.

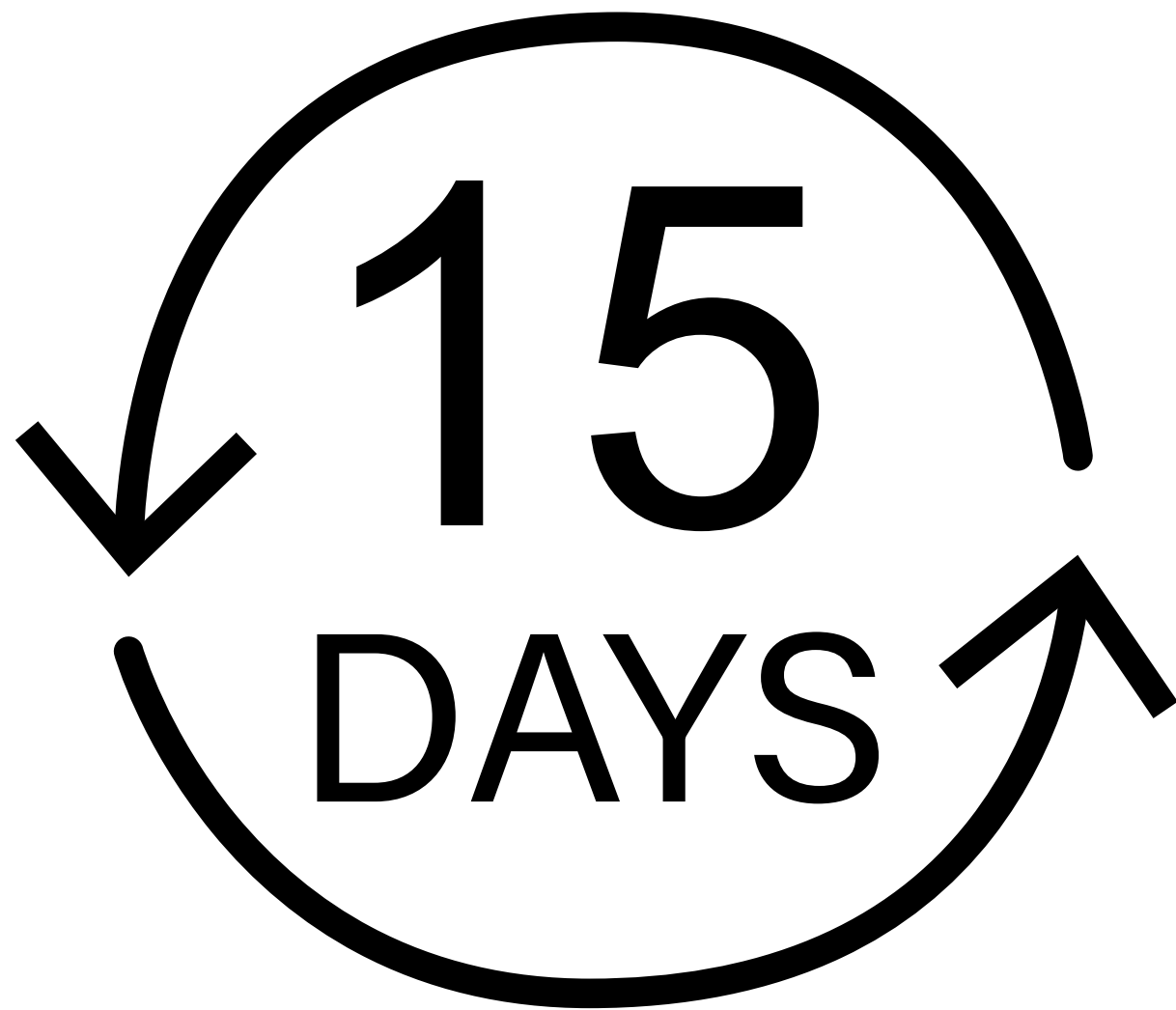


# How do I go ahead with TL?



- To assist the therapist in gaining a comprehensive understanding of your child's requirements, you will be asked to fill out a functional listening questionnaire
- Given the individuality of each child, the musical progression is customized based on the combined observations of both the therapist and the parents, aiming for the most beneficial outcome.
- A 30-minute session will be scheduled to review these findings.

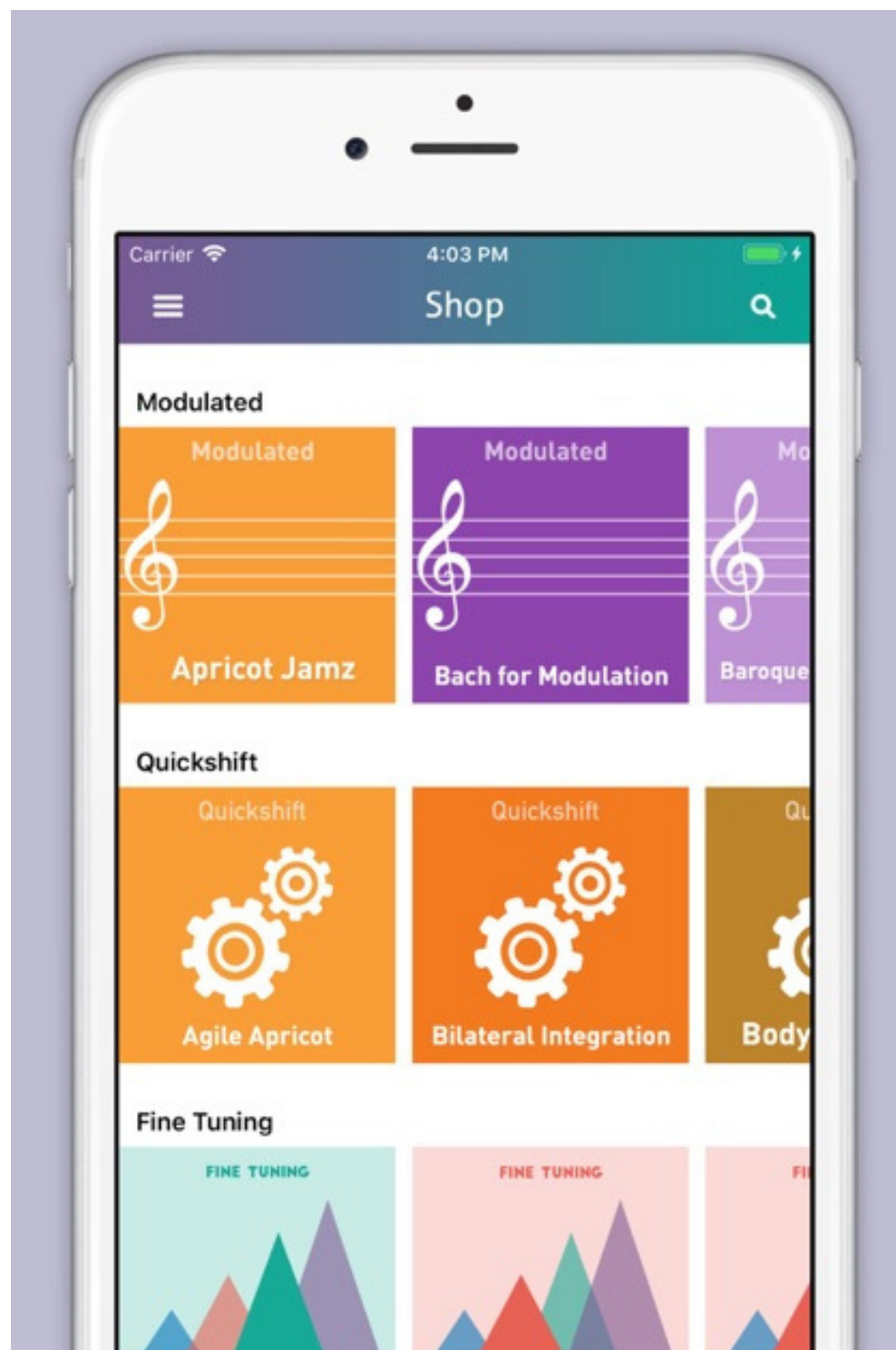
# Can I do the music at home and what will be my role as a parent?



- Caregivers play a crucial role in observing the changes induced by the music over time and aiding in the fine-tuning of the therapy to suit their child.
- The music is usually updated every 15 days, based on the observed improvements, ensuring that the therapeutic approach remains aligned with your child's evolving needs.
- Meeting a therapist is needed every 2 months.
- Sometimes an integration break may be needed.



# Where do I buy the music from?



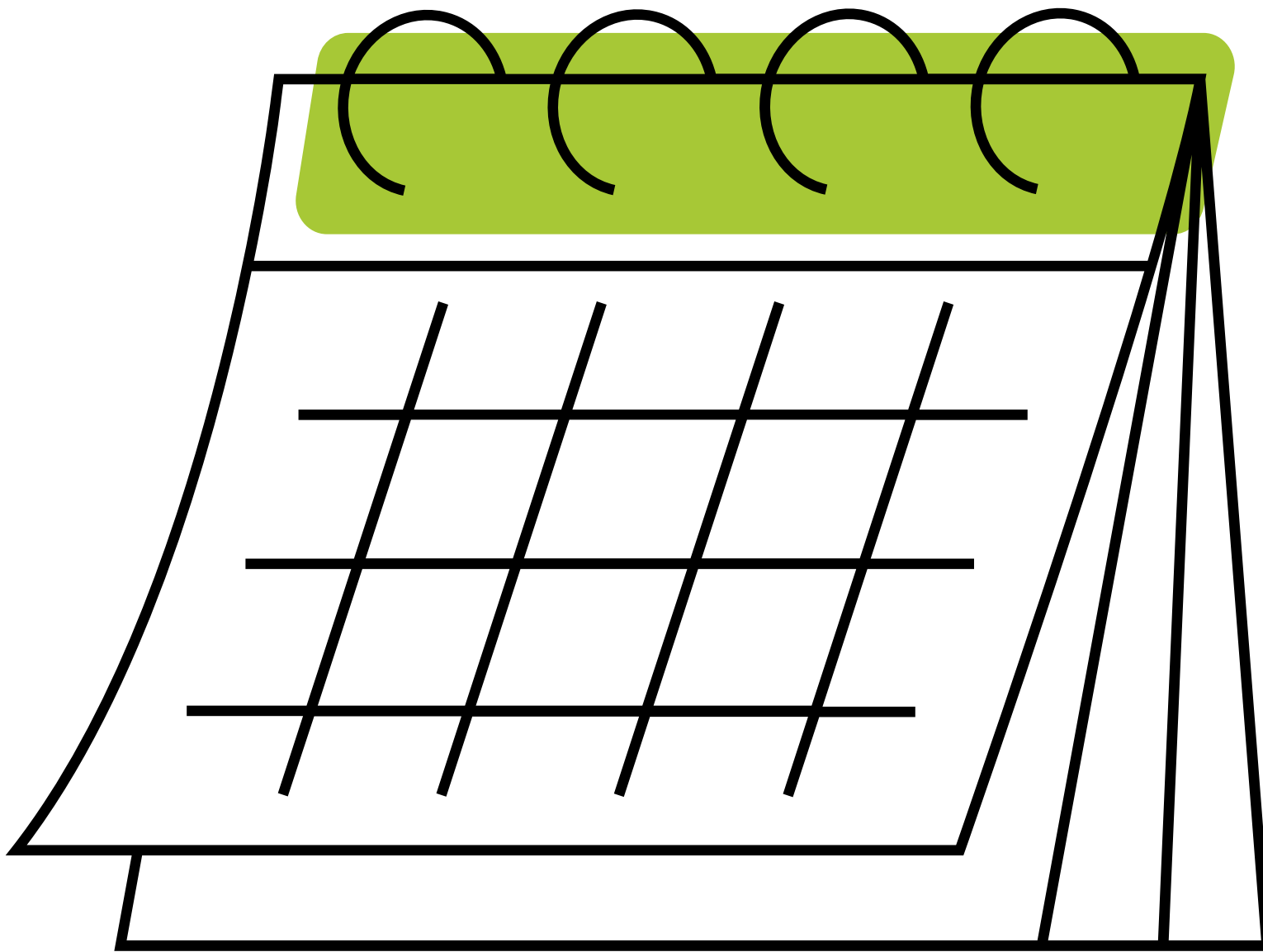
There is an app called Therapeutic listening which enables you to buy or rent the music.

# Do I need special headphones for TL?



- The Therapeutic Listening program is designed around the specific characteristics of **specialized headphones**, ensuring that the quality and consistency of the sound, particularly in terms of frequency range, harmonics, and high impedance, are maintained.
- This adherence to precise audio specifications is crucial for the effectiveness of the therapy.

# For how long do I have to do the music with my child?



- Therapeutic Listening is tailored to each individual, lacking a one-size-fits-all progression or set duration of involvement.
- Every child receives a customized protocol that best suits their needs.
- We move ahead with the music as long as we get developmental gains.



# Can everyone benefit from TL?



- Individuals with conditions like auditory evoked seizures, schizophrenia and tics should avoid doing this program
- As everyone person is different, the changes also vary from one individual to another.

**Want to know more.....**



Mail us on [info@awetisminsights.com](mailto:info@awetisminsights.com)