

# THE LISTENING PROGRAM<sup>®</sup>

Improve your listening, Learning and Communication Abilities

The Listening Program<sup>®</sup> (TLP) is a Music-Based Auditory Stimulation<sup>™</sup> method specifically designed to train the brain to improve the auditory and sensory processing skills needed to function more effectively in our lives.

It consists of an extensive series of high quality music, primarily classical, with innovative sound processing techniques to exercise the auditory pathways and brain.

Auditory information activates areas of the brain involved in movement, rhythm, vision and integration of sensory information as well as listening and language development. These are all fundamental to academic progress.

Improve Your Listening.

Whether you are interested in improving brain health for longevity, expanding your own abilities or working with individuals with specific challenges, TLP can make a significant difference.

## Who can benefit?

Anyone can benefit from improved listening function, particularly in the areas of:

- Attention and concentration
- Listening
- Sensory integration
- Memory
- Vocal performance
- Language learning
- Reading
- Speech and language
- Physical balance and co-ordination
- Social skills
- Musical ability

Improve Your Life.

With the guidance of an accredited TLP provider, The Listening Program<sup>®</sup> is an easy-to-use, portable programme that can bring about lasting change.

[www.thelisteningprogram.com](http://www.thelisteningprogram.com)

## Specific Frequencies for Specific Functions

The Listening Program® combines decades of clinical research in several fields, including neurology, physiology, psychoacoustics, auditory processing, music theory and more. The method builds on the work of respected leaders in these fields, such as ear, nose and throat (ENT) physician Alfred A. Tomatis, M.D. (1920-2001). Among other discoveries, Dr. Tomatis helped identify the relationship between certain sound frequencies and their effect on functions of the mind and body. A simplified explanation of Dr. Tomatis' findings shows that certain bands, or zones, of sound frequencies affect different abilities:

### Frequency Zone Chart

<b>ZONE 1</b> <b>Sensory Integration</b> (lower frequency sounds)	<ul style="list-style-type: none"> <li>• Balance</li> <li>• Rhythm</li> <li>• Co-ordination</li> <li>• Muscle Tone</li> <li>• Body Awareness</li> <li>• Sense of Direction</li> <li>• Laterality</li> <li>• Right / Left Discrimination</li> </ul>
<b>ZONE 2</b> <b>Speech and language</b> (mid and higher frequency sounds)	<ul style="list-style-type: none"> <li>• Memory</li> <li>• Concentration</li> <li>• Attention</li> <li>• Speech</li> <li>• Language</li> <li>• Vocal Control</li> </ul>
<b>ZONE 3</b> <b>High Spectrum</b> (higher frequency sounds)	<ul style="list-style-type: none"> <li>• Energy</li> <li>• Intuition</li> <li>• Ideas</li> <li>• Ideals</li> <li>• Spirituality</li> <li>• Creativity</li> <li>• Auditory Cohesion</li> </ul>

TLP is designed to address these zones, systematically providing auditory stimulation that, when customised for listeners by TLP Providers, can help improve their ability to function in a number of ways.



## Measuring Results

Numerous professional studies and clinical case studies indicate the measurable, life changing results The Listening Program® brings. Independent research studies are being conducted through universities, schools and learning centres using various standardised test measures which are demonstrating positive outcomes using TLP. For detailed information on TLP research and case studies, please visit:

[www.thelisteningprogram.com](http://www.thelisteningprogram.com)

The Listening Program® is available through iListen® or CD delivering an individual listening schedule of usually 15 or 30 minutes per day, 5 days per week. This will be developed by your TLP Provider. Bone conduction options for more intensive stimulation are available.



## Using TLP

Countless listeners worldwide have chosen The Listening Program® for its ease of use, cost-effectiveness and verifiable results. But just as every listener is unique, so is the program implementation for each listener. No effective method is ever "one size fits all", and that is why TLP relies on qualified, trained providers to administer the TLP method.

*"As a Paediatric Occupational Therapist and a Mum to a 6 year old, I have used The Listening Program for the past 16 months with the children on my case load and my own child. I have found it to be a valuable tool that all therapists should have in their 'therapeutic tool box'. Within a few weeks of using this programme teachers, parents and myself included noted significant improvements in their children's concentration, attention and auditory skills."*

Sue Stephenson, Senior Paediatric OT, North Tyneside

For more information on  
The Listening Program®

[www.thelisteningprogram.com](http://www.thelisteningprogram.com)