

## CALM AND CONNECTED

PROMOTING SELF REGULATION

### Occupational Therapy Services

# Therapeutic Listening

## What is listening?

Listening is detecting sounds through the ear, the brain organizing the sound and combining it with information from all our other senses. Listening includes:

- **Locating** where the sound is coming from i.e. finding the person who is talking to focus on them.
- **Selecting** which sounds are the important ones to listen to i.e. the teachers voice or the lawnmower outside.
- Keeping **attention** on the sound to get all the information needed i.e. hearing all the instruction not just the first part.
- Noticing the **differences** between sounds so we know what they mean i.e. hearing the difference between f and s to hear if someone is saying fat or sat.

## What is Therapeutic Listening?

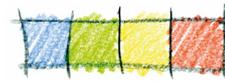
Therapeutic Listening uses specifically composed music to develop a person's ability to tune into and respond to their world. Here are some of the aspects found in the music:

- High low frequencies; the distortions in frequency cause the cells in the ear to vibrate in an organized way; rather than firing off randomly, or not at all. The organized sound vibrations allow the brain to process the sound; rather than becoming overwhelmed by what it is hearing or not even noticing that a sound was made.
- Rhythm; is used to regulate the child's natural body rhythm to either down-regulate them to a more even and calm pattern, or to up regulate them to a more engaged and kidpower rhythm. Getting into this level of alertness allows for our body and mind to attend to what is happening around us.
- Complexity; early song selections start basic and then build with complexity. This is to train the ear to first locate and understand basic detail; then builds on the amount of detail the ear can process.

## What does the program look like?

The music is listened through specially designed, over the ear, open headphones\*. This allows for the frequencies to vibrate in its designed resonance between the left and right ear. The songs are on a chip and are played through a Sansa chip player\*. The same song is to be listened to **twice a day for 30 minutes** for two weeks. After two weeks a new song selection will be provided based on which skills are to be developed next. The music cannot be listened to in the car or whilst looking at a screen i.e. TV, iPad, computer. The child/adult can continue doing their usual activities when listening i.e. getting ready, homework, reading a book.

\* The items needed are available for loan from Calm and Connected or can be purchased at <http://shopau.sensorytools.net>



### How many sessions is needed for Therapeutic Listening?

The **first session** is to discuss your families current concerns, get to know your family and discuss what options best meet your needs. If a Therapeutic Listening program is seen to be the best fit for your family then the first song selection will be provided. Following visits are to be scheduled on a **fortnightly** basis to change the songs, provide additional strategies and give more information to support your child's needs. At each session the program is reviewed to see if it is being effective, and if it is still the best option for your family. As an estimate, previous families have required four song selections, equating to an initial session and four fortnightly sessions, totaling **five sessions overall**. However mores session may be needed to keep fine tuning skills, or fewer sessions if happy with the gains made.

### Are there other options available to support listening?

Yes. If you are interested in a listening program, yet do not feel the formal Therapeutic Listening program will suit your family there are other options. All families have benefited from having a great understanding of how their child listens and ways to adapt their communication style to allow their child to understand. Another formalized, yet less structured listening program is Quickshifts. This option can be further discussed in the initial session or please read the Quickshifts flyer found on the website.

### Fees and rebates:

The cost for each session is the standard \$110 plus travel fees outside selected areas. Discuss with your GP if you qualify for Medicare rebates under a Chronic Disease Management Plan. Rebates may also be available through your private health insurance.

To register your interest, please contact:

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