



# Therapeutic Listening



## *What is Therapeutic Listening?*

It is an auditory intervention that uses the organized sound patterns inherent in music to impact all levels of the nervous system.

Auditory information from Therapeutic Listening CDs provides direct input to both the vestibular and the auditory portions of the vestibular-cochlear continuum.

Blending sound intervention strategies with vestibulo-proprioceptive, core development, and breath activities so as to sustain grounding and centering of the body and mind in space and time.

Therapeutic Listening utilizes numerous CDs that vary in musical style, types of filtering, and level of complexity.

The music on Therapeutic Listening CDs is electronically altered to elicit the orienting response which sets up the body for sustained attention and active listening.

## *Who is appropriate for Therapeutic Listening?*

All ages can benefit from Therapeutic Listening.

Ages birth-2 years old listen to the music from open air speakers placed at specific angles and distances.

Ages 2-adulthood listen to specially designed headphones.

Diagnoses that would benefit include:

- Autism
- Central Auditory Processing Disorder
- ADD/ADHD
- Down Syndrome
- Pervasive Developmental Disorder



### *What exactly does Therapeutic Listening do?*

Orients the body to time, space and place

Increases attention and eye contact

Increases self regulation/sensory modulation skills such as basic biological rhythms (sleep/wake, hunger/thirst, bowel/bladder)

Decreases defensive responses: gravitational insecurities, food/tactile aversions, sound sensitivities.

Develops and strengthens core movement patterns to help increase body awareness and overall gross motor coordination.

Promotes communication and verbalization as well as social skills by increasing body space/awareness of self and others in the environment.

### *How long does Therapeutic Listening last?*

The child listens to each CD for 30 minutes, 2x a day for 2 weeks.

There is no specific range of weeks that a child is on this protocol. Typically a child will work their way thru the CDs for 6-12 months depending on their progress. Once they have successfully reached the highest level, they may purchase a CD as a maintenance program.

### *When does my child listen to the CDs?*

A child can listen to the CDs when they are doing their homework, eating at the table or preferably during gross motor play.

The only time that is not recommended, is when the child is distracted such as when watching television or when playing video games.

### *How does my child/patient get started with Therapeutic Listening?*

Child must be evaluated by an **Occupational Therapist** certified in Therapeutic Listening.

The caregiver/parent is then responsible for purchasing the specialized headphones (\$145) from the therapist and then is required to give a refundable deposit of \$50 for the CD lending library.

***“Listening is the key in our overall ability to orient to the people, places, and things in everyday life”  
(Frick, 2006).***

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