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## Changes that have been noted **During** Bérard Auditory Integration Training

Increased or decreased sleeping

Increased or decreased eating and drinking

Mood swings (i.e. giggling, clingy, crying, easily frustrated)

Disorganization/confusion/forgetfulness

Dizziness

Increase in asking questions

Change in the type of questions asked

Increased desire for conversation

Spontaneously self-correcting grammar

Trouble “getting the words out” or sometimes misarticulating sounds

Increased eye contact

Increase in visual observations of everyday surroundings

Exaggeration of perseverative behaviors

More detail in drawings

Choosing to spell all words

Reading road signs for the first time

Change in problem solving skills

Increased willingness to try new things

Flash backs: talk of things that have not come up for years

Tingling around ears or an itching sensation deep inside the ear

Increase in verbalizing the presence of uncomfortable sounds rather than showing a behavioral reaction



## Types of Changes Seen **After** Berard Auditory Integration Training

Improved language comprehension and expression

Asking more questions and responding more quickly to questions

More alert

Better sleep patterns

Improved balance

Better concentration

Calmer during group activities

More aware of environmental sounds

Less sensitive to loud noises or fewer problems with loud noises

More open to other therapies

More social

Improved school performance

Better eye contact

Less frightened by unknown situations

More logical thinking

Better organizational skills

More able to sing in tune

Less time needed when studying

Helps more with family activities/chores

More self-awareness (including awareness of their body in space)

Overall, most participants appear to be more accurate, efficient and integrated in responding to the auditory environment