

Sixty years ago, the ENT Alfred Tomatis developed a method to restore listening skills. This program, to which Tomatis devoted his life, consists of specific listening sessions. The listener's own voice, or music is modified in real time to naturally train their brain to enhance motor, emotional, and cognitive abilities.

This effect occurs because of neuroplasticity, which is the brain's capacity to create new connections following specialized, sustained, and repeated stimuli. Considered a forerunner to modern neuroscience, Alfred Tomatis is cited as a reference by many researchers and scientists. His method is now used all over the world.

Sessions

Listening Sessions (Passive Phase)

These sessions will serve as the majority of the sessions. The music presented is composed mostly of Mozart, which is filtered and modified. The music is transmitted by bone conduction while wearing specialized headphones. The listener will perceive sound contrasts that modify the timbre and intensity while maintaining the rhythm and melody. These contrasts produce a naturally stimulating effect for the brain and improve listening.

Listening Sessions (Active Phase)

If indicated by the therapist, in these sessions, the listener will read, repeat, discuss or even sing while their voice is instantly changed and transmitted according to specific settings. This allows the listener to hear their own voice modified in real time. The activities performed during these sessions are dependent on a personal listening profile.

Changes that have been noted During Auditory Integration Training	Types of Changes Seen After Auditory Integration Training
<p>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</p>	<p>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)</p>

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