Auditory / Sound integration training

1. What is auditory/sound training?

Drs. Alfred Tomatis and Guy Bérard, were both ear, nose, and throat doctors from France. Tomatis was the first to develop a program and Bérard developed a program soon after. These programs were developed to address auditory hypersensitivity, distortions, and delays in hearing that negatively impact auditory processing. The system uses music, fed through headphones to an individual, to train the middle and inner ear to better process auditory information. This educational training system has been shown to be effective for improving attention and focus, sensory processing, communication, confidence and school related skills of reading, spelling and writing.

2. What is hearing vs listening?

"Hearing is through ears, but listening is through the mind." The two activities hearing and listening involve the use of ears, but they are different. Hearing is the act of perceiving sound and receiving sound waves or vibrations through your ear. Hearing is one of the five senses and it just happens all the time unless you have a hearing problem. Listening is the act of hearing a sound and understanding what you hear. It requires concentration so that your brain processes meaning from words and sentences and you are consciously choosing what you want to hear.

Comparison Chart

	Hearing	**Listening**
Meaning	Hearing refers to one's ability to perceive sounds, by receiving vibrations through ears.	Listening is something done consciously, that involve the analysis and understanding of the sounds you hear.
What is it?	An ability	A skill
Involves	Receipt of message through ears.	Interpretation of the message received by ears.
Act	Physiological	Psychological
Use of senses	Only one	More than one
Concentration	Not required	Required
Occurs at	Subconscious level	Conscious level

3. What is Optimal Listening?

Optimal hearing is the ability to perceive all frequencies of sound comfortably, and equally between the ears. When hearing is at an optimal level, optimal listening is possible, and meaning can be more easily derived and processed from the sounds.

4. What interferes with Optimal Listening?

Hypersensitivity, hyposensitivity, distortions or delays in hearing, unequal processing of frequencies, and inconsistencies or lack of coordination between ears all have the potential to interfere with optimal listening. One or more of these conditions can be present at the same time, causing further interference to hearing and auditory processing for individuals.

5. How do you know when listening is not at an optimal level?

Individuals who do not hear at an optimal level may have difficulty with attention and focus, may be hyper or hyposensitive to sounds, may be easily distracted, may be delayed in thinking or reaction time due to processing delays, may have difficulty integrating auditory information with other sensory information, may have difficulty planning or sequencing, may have difficulty with school tasks (writing, reading and spelling) and may be easily overwhelmed, or prone to tantrums.

6. How does auditory/sound training address these issues?

It provides the individual with the opportunity to listen to music that has been specifically filtered for their comfort and modulated for training of the inner and middle ear. This program aids in the reorganizing of the brain its own ability to modify response, a feature called neuroplasticity. Through personalized auditory stimulation, the reorganization of the brain can reduce delays in processing, sensitivity, and other problems with hearing and communication.

7. Who is a good candidate for auditory/sound training?

- the listener must accept wearing the headphones
- usually 3 years of age or older (can be younger)
- Difficulties with attention, sensory sensitivities (auditory, tactile), reading, poor balance and motor coordination skills, delays in speech and language development, etc
- Time commitment is 40-80min per day for 10-14 consecutive days.
- Can be administered either in clinic, in home, or both if eligible.

At Lisa's Holistic Rehab & Neurofeedback we have two different auditory training programs that we use. If it is an in clinic version it will be two 30min sessions per day for 10 days. If we are doing a home or hybrid version, it will be a 14 day program.