

Therapeutic Listening

Therapeutic Listening with the whole body can help children with the following:

- ADD/ADHD
- Cerebral Palsy
- Autism Spectrum Disorder (ASD)
- Pervasive Developmental Disorder (PDD)
- Middle Ear Infections
- Poor Social Skills
- Short Attention Span
- Irregular Sleep Patterns
- Sound, touch and oral sensitivities
- Difficulties following directions
- Uncontrolled Behavioral Outburst
- Bed Wetting
- Picky Eater or Poor Appetite
- Limited Speech Output Filtering
- Poor test taker after studying and knowing material
- Not a good listener, frequently asks “huh”
- Clumsy-Uncoordinated
- Speech Delays

What is Therapeutic Listening?

- A whole body approach which combines auditory listening and body movement.
- An auditory program that utilizes electrically altered music in conjunction with movement and daily skills.
- Each child listens to specifically selected CD's through headphones for 30 minutes, 3x a day for 8-12 weeks.
- Research has indicated children using Therapeutic Listening Program have achieved therapy goals more rapidly than children who are not receiving Therapeutic Listening.

How do I get started?

- Contact a Certified provider located at **Stepping Stone Pediatric Therapy, LLC**
- Commit to a listening home program lasting approximately 8-12 weeks.
- Monitor changes

Visit Therapeutic Listening's website at:
www.vitallinks.net

Expected Outcomes

Modulation

- Improvement in sleep/wake cycles.
- Reduction of sensory defensive behaviors.
- Toilet training.
- Cessation of bed wetting.
- Increased regularity of hunger and thirst cycles.
- Improved focus and attention.
- Improvement in transitions.

Postural Tone, Attention & Adaptation

- Establishment of body midline.
- Ability to sustain active posture on stable and dynamic surfaces.
- Improved concentration around shoulders and hips.
- Active use of rotation in movement patterns.

Motor Control

- Use of bilateral motor patterns.
- Improved articulation & fine motor skills.

Spatial-Temporal Organization

- Improved timing of motor execution.
- Improved timing of social interactions.
- Improved ability to maneuver through space.
- Improved handwriting and visual motor skills.

Communications

- Greater range of nonverbal communication.
- Nonverbal communication matches communicative intent.
- Greater emotional expressiveness.
- Improvement in pragmatic language use.