



## **Therapeutic Listening®**

### **What is Therapeutic Listening?**

Developed by Vital Links, Therapeutic Listening is a research based tool for treating people of all ages who have difficulty processing sensory information, listening, attention, and communication. Parents, teachers and therapists have seen significant results by using Therapeutic Listening including:

- Increased Focus and Attention
- Better Moods and Less Anxiety
- Balanced Energy Levels
- Greater Tolerance to Noise
- Improved Sleep
- Better Handwriting
- Fewer Tantrums

Used by thousands of therapists around the world, Therapeutic Listening is a highly individualized, music based tool that activates listening to help people tune-in to and respond to their world. High quality music, recorded specifically for Therapeutic Listening, is altered to exaggerate the sounds that naturally capture attention and tap into the parts of the brain involved in regulating bodily functions, relating to others, and organizing behavior.

### **Possible Functional Outcomes of Therapeutic Listening on the Child:**

- Decreased tactile hypersensitivity of defensiveness
- Decreased oral hypersensitivity with increased exploration and acceptance of different foods
- Improved self-regulatory behavior such as a more regulated sleep cycle, more regulated hunger thirst cycle, more regulated respiratory control and decreased stress
- Improved balance and coordination of movement within the environment
- Increase postural organization
- Increased motor skills, both gross and fine
- “Emergence” of motor planning and improved spatial-temporal organization
- Improved handwriting and visual-motor skills
- Improved timing of motor execution
- Increased and more elaborate social interactions, with better “timing”
- Improved components of communication such as greater range of non-verbal communication
- Improved/clearer articulation, greater emotional and verbal expression and improvements in pragmatic language

Parts adapted from vitallinks.net and “Listening with the Whole Body” by Sheila M. Frick, OTR/L, and Colleen Hacker, MS, OTR/L