



**SOUNDSORY®**

# Comprehensive Guide to Listening Therapies



Are you searching for new approaches to enhance cognitive development, support individuals with autism spectrum disorder (ASD), attention deficit hyperactivity disorder (ADHD), or address learning difficulties? If that is the case, listening therapy may provide promising assistance.

Discover how listening therapy, involving sound-based approaches like music therapy, engages hearing senses. Beyond traditional methods, they integrate neurofeedback and sensory techniques for holistic development. Our guide explores common listening therapies, offering insights to help you choose the right option.

## What is a listening therapy?

Listening therapies are alternative therapies that **stimulate the brain** by manipulating the sounds of music and/or voice. These programs employ various elements like filters, bone conduction and voice modification to give the brain a sensory workout, **helping individuals overcome problems with processing sounds and attention-related challenges (ADD/ADHD)**. Experts in fields such as speech therapy and sensory processing use carefully designed sound experiences and personalized interventions to enhance neurological development, language skills and sensory integration.

## Who can benefit from listening therapies?

### Autism Spectrum Disorder (ASD):

Listening therapies have shown positive results in supporting individuals with ASD. These programs can assist in sensory integration, social communication and emotional regulation, contributing to overall developmental progress.



### Attention Deficit Hyperactivity Disorder (ADHD):

Listening therapies can be helpful for individuals with ADHD by improving attention, focus, and concentration. These programs employ techniques to enhance auditory processing and reduce distractibility.



### Auditory Processing Disorders:

Individuals who struggle with processing and interpreting auditory information. These programs can enhance their auditory skills, improve listening abilities and promote better comprehension of sounds and language.



### Learning Disabilities:

Individuals with learning disabilities, such as dyslexia or language-based learning disorders. These programs can support language development, improve phonological awareness and enhance reading and writing skills.



### Cognitive Enhancement:

Listening therapies offer innovative approaches for cognitive development. They can enhance memory, problem-solving skills, creativity and overall cognitive performance.



### Communication Difficulties:

Listening therapies can benefit individuals with speech and language difficulties. These programs can support speech production, language comprehension, articulation and expressive communication.



### Stress Reduction and Relaxation:

Listening therapies, such as music therapy, can aid in reducing stress, promoting relaxation and improving overall well-being. These programs utilize soothing sounds and therapeutic techniques to induce a calming effect.



## What is the origin of listening therapies?

The original listening therapy was developed in the 1960s by Dr. Alfred Tomatis (M.D.-ENT). Dr. Tomatis established a link between how we listen and how we speak, which is now well-known as the auditory feedback loop.



## What is the evidence behind listening therapies?

Numerous research studies have explored the ways in which these programs can be beneficial for various aspects of **cognition, language development, sensory integration** and **attention improvement**.

For the Tomatis® Method alone, over 40 studies, some of which have been published in peer-reviewed scientific journals, have significantly contributed to our understanding of the benefits and effectiveness of listening therapies.

# Which criteria should be considered when selecting a program?

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## Time commitment:

Some programs may require a significant time commitment, with daily practice over weeks or months. For example, the Tomatis® Method program involves 12 sessions of 80 minutes that must be repeated 2 to 3 times. On the other hand, a program like Soundsory is composed of 40 daily sessions of 30 minutes.



2

## Location

Check whether the program is offered locally or if it can be accessed remotely. TLP® and Soundsory® can be used at home by the end user, while the ILS®, Therapeutic Listening® and the Tomatis® Method are more commonly used at a clinic.



3

## Cost

Consider the financial aspect of the program. Evaluate any upfront fees, ongoing costs and potential additional expenses, such as equipment or travel cost to the clinic. The most affordable solutions are the ones which can be used directly by the end-user at home, such as Soundsory®.



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## Individualization

Check for personalized approaches matching your specific needs. Tailored programs consider your challenges, goals, and strengths. They might include assessments or customizations to effectively address auditory needs. The renowned individualized program is the Tomatis® Method.



5

## Equipment/Technology used

Evaluate program equipment, especially dynamic filters. Tomatis® Method and Soundsory® use these filters to enhance attention and listening. Programs like TLP® and Therapeutic Listening® focus on music frequencies and rhythms.



6

### Bone Conduction

Check if the program uses bone conduction for sound transmission. Bone conduction transmits sound through head bone vibrations. Soundsory® uses both bone and air conduction to prepare the brain for auditory information. Programs like ILS® and The Listening Program® also employ bone conduction.



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### Music vs Voice

Auditory programs use music and/or voice for brain stimulation. Tomatis® Method pairs Mozart's music, coined the "Mozart Effect" by Don Campbell. Programs like ILS® incorporate the user's own voice. Speaking into a microphone, the voice is filtered and sent back to the ears. This tweaks the audio-vocal loop, challenging the brain for a sensory workout.



8

### Professionals vs Consumers

Check if the therapy suits professionals or direct users. Many programs cater to experts for personalized settings. Others, like Soundsory®, provide user-friendly presets for independent use without supervision.



9

### Need for complementary approaches:

Check if the program is stand-alone or needs complementary methods. Some programs may suggest or require additional therapies or interventions to maximize the benefits. A program like Therapeutic Listening® only offers passive listening sessions and might be combined with more comprehensive approaches also including physical and linguistic components such as Soundsory®.



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### Level of professional certification required:

Check if the program needs certified practitioners. Some programs, like Tomatis®, have rigorous training (4 levels), while others, like TLP® or Therapeutic Listening®, require basic online training. Decide if you prefer certified practitioners or are comfortable with less-demanding certifications.



# What are the most frequently used listening therapies?

We have reviewed the 6 most common auditory programs based on the criteria above, highlighting their pros and cons:

## The Listening Program® (TLP) by Advanced Brain Technologies



The Listening Program® (TLP) by Advanced Brain Technologies is an auditory program targeting individuals with **autism** or **ADHD**. The program **focuses solely on passive listening** and has **limited customization** options. It is considered **relatively expensive** compared to alternative treatments. TLP can be beneficial for **reducing stress** and **improving wellness** in a variety of populations, but scientific evidence for the program is limited. In comparison to other sound therapy programs, such as Soundsory® and the Tomatis® Method, TLP stands out as a passive listening program that lacks individualization and **requires supervision** from a certified provider.

Alternative programs offer a combination of auditory, linguistic, and movement therapies, providing a more comprehensive approach. If you are seeking a more affordable home-based program, you could consider Soundsory® as an alternative to TLP.

### Pros

- Easy to use

### Cons

- Often suggested alongside other therapies.
- Focuses solely on listening
- Limited customization options
- Considered relatively expensive

## Therapeutic Listening®



Therapeutic Listening® is an auditory program provided by Vital Links, designed for individuals with **autism** and **ADHD**. It involves wearing headphones and listening to specially filtered music that targets different frequency ranges to impact various parts of the nervous system. TL is **not a stand-alone program**. It is **best paired with sensory methods**, as it shows positive results in combination, though alone, benefits are limited. Customization by a **trained therapist is necessary**, with a commitment of two phases, lasting one month each, having 30-minute sessions twice a day, seven days a week. TL is primarily used by professionals in clinical settings, and the **program's cost varies depending on the therapist**.

Complementary alternatives to TL include programs like Integrated Listening Systems®, and the Tomatis® Method. These programs combine auditory, language and movement activities to address sensory needs. Home-based alternatives like Soundsory® provide options for individuals to use at home without the need for a qualified professional, offering convenience and reducing costs compared to TL.

### Pros

- Easy to use

### Cons

- Must be combined with another program
- Passive listening sessions only
- Limited individualization
- Relatively expensive

## Integrated Listening Systems®



The Integrated Listening Systems® (ILS) program is a sound therapy program that combines auditory, language, and movement activities to **train the brain to process sensory information more effectively**. It is primarily used to help individuals with sensory challenges, learning and attention difficulties (ADD/ADHD) and anxiety. The program consists of listening sessions with pre-recorded filtered classical music and may also involve specific movement and motor activities. ILS programs can be **costly** and **require finding a certified professional**, which limits accessibility. As an alternative, other sound therapy programs can be used at home, making them more affordable and accessible options.

There is a **lack of scientific studies** or empirical evidence to substantiate these claims, but various paid case studies and reviews can be found online. The available online literature also mentions minimal side effects due to the gentle nature of the music used in the program and the relatively short duration of daily sessions.

### Pros

- Customized follow-up

### Cons

- Requires clinic visits or practitioner supervision at home
- Limited individualization
- High price tag

## Berard AIT



The Berard method of Auditory Integration Training (AIT) is a sound therapy program developed by Dr. Guy Berard in the 1980s. Its goal is to **enhance auditory processing and sensory integration** in individuals facing various challenges. Yet, the **method's updates have been limited since the 1990s**, and it **demands supervision** from trained professionals, which makes it **relatively expensive** in contrast to home-based alternatives like Soundsory®.

The effectiveness of the Berard method, used for conditions like Autism Spectrum Disorders, Sensory Processing Disorders, and ADHD, remains debated. Ongoing scientific research presents **mixed results**, with some studies noting positive outcomes while others raise concerns about methodology and lack of controlled research. A 2003 technical report by the American Speech-Language-Hearing Association (ASHA) indicated insufficient evidence to support AIT as a sole treatment for Autism Spectrum Disorders or other developmental disabilities.

### Pros

- Similar approach to the Tomatis® Method

### Cons

- Outdated equipment and method
- Relatively expensive

## Tomatis



The Tomatis® Method is a sound therapy approach developed by Dr. Alfred Tomatis in the 1960s. It focuses on the relationship between sound and cognitive processes to **improve communication, language development** and **sensory integration**. The method uses proprietary equipment with personalized parameters and **requires intensive time-commitment** and the involvement of **certified professionals**. It is beneficial for individuals of all ages with autism spectrum disorders, attention deficit disorders (ADD/ ADHD), learning disabilities and speech and language delays.

The Tomatis® Method utilizes filtered music and voice feedback through a proprietary device with headphones that transmit sound via air and bone conduction. The transmission is calibrated to create specific delays and all parameters are personalized for each individual. A recent review shows that the Tomatis® Method effectively reduces autistic traits in children, signifying significant enhancements. The method is practiced in specialized centers worldwide and offers an **individualized approach** with tailored treatment plans. Still, it's pricier compared to alternatives like Therapeutic Listening®, TLP®, ILS®, and Soundsory®.

### Pros

- Combining auditory, linguistic, and physical components
- Customized follow-up

### Cons

- Relatively expensive



The Soundsory® program utilizes the same underlying science and principles as the Tomatis® Method but offers a **more affordable** option. It provides **user-friendly** equipment that can be conveniently used **at home**. Soundsory® combines movement-oriented exercises with carefully crafted music that undergoes neuro-acoustic processing. Its main goal is to establish a solid foundation for **improving cognitive processes**, starting with sensory integration.

Soundsory® offers a variety of dynamic and rhythmic music, such as waltz and march music, specifically designed to **stimulate the vestibular system**.

Soundsory® is widely embraced by therapists and professionals worldwide. It employs the dynamic filter and bone conduction concept to stimulate both the vestibular and auditory systems. This unique program combines music and movement, which proves beneficial for individuals facing challenges with **auditory processing** and **attention**. When used independently, the program involves a 40-day routine of daily 30-minute music listening sessions combined with exercises. The program is divided into two 20-day sessions.

## Pros

- Can be used at home
- Easy to use and put into practice
- Less expensive than clinic-run programs
- Including auditory, linguistic, and physical components
- Online exercise program and free companion app available

## Cons

- May not require supervision by a practitioner

Below is a summary table comparing the listening therapies featured in this guide:

Criteria	The Listening Program®	Therapeutic Listening®	Integrated Listening Systems	Berard AIT	Tomatis® Method	Soundsory®
<b>Time commitment</b>	Moderate	Moderate	Moderate	Moderate	High	Moderate
<b>Location</b>	In a clinic or at home under supervision	In a clinic or at home under supervision	In a clinic or at home under supervision	Typically conducted in a clinical setting	In a Tomatis center or at home under supervision	At home
<b>Cost</b>	Moderate	Moderate	High	High	High	More affordable
<b>Individualization</b>	Limited	Limited	No	Limited	Yes	Limited
<b>Equipment/Technology</b>	No dynamic filter	No dynamic filter	No dynamic filter	No dynamic filter	Proprietary dynamic filter	Proprietary dynamic filter
<b>Bone conduction</b>	No	No	Yes	No	Yes	Yes
<b>Music vs Voice</b>	Music stimulation	Music stimulation	Music and voice stimulation	Music stimulation	Music and voice stimulation	Music and movement stimulation
<b>Professionals vs Consumers</b>	Professional equipment	Professional equipment	Professional equipment	Professional equipment	Professional equipment	User-friendly for consumers
<b>Need for complementary approaches</b>	Yes	Yes	Yes	Optionally	Optionally	Optionally
<b>Level of professional certification required</b>	Online training	Online training	Professional certification	Professional certification	Extensive professional certification	N/A – No supervision required

# Interested in a Multi-Sensory, Home-Based Program?



[Try Soundsory for 30 Days](#)



**SOUNDSORY®**