

# THE LISTENING PROGRAM®

## Music for Your Brain

### To Improve

#### LANGUAGE, LISTENING

#### READING, SPELLING

#### AUDITORY PROCESSING

#### DYSLEXIA, ADHD, AUTISM

### What is

### The Listening Program®?

- A music based auditory stimulation™ method that trains the brain to improve the auditory skills needed to effectively listen, learn and communicate
- Classical music is performed by the Arcangelos Chamber Ensemble

### Who can benefit?

- People of all ages starting as young as 2 years old
- Individuals experiencing problems in:
  - Learning and literacy including dyslexia
  - Attention including ADD/ADHD
  - Autism Spectrum Disorder
  - Auditory Processing
  - Communication and social skills
- Typically developing children
- Those interested in improved communication and speaking skills, musical ability, learning potential and creativity

### What does it involve?

- A minimum of 40 to 60 listening hours at 5 days/week (2 days off), listening of 15 to 30 minutes over the course of eight to twenty-six weeks
- An initial assessment, program planning session and review sessions
- Programs are individualised and self administered under the monitoring and consultation of a trained authorised/certified provider of The Listening Program®

### What is needed?

- Authorised or Certified Provider
- The Listening Program® Classic kit
- The Listening Program® approved headphones
- The Listening Program® Specialised CDs
- CD player - Approved Sony Personal walkman is most convenient

### Some research reported benefits

- Improved listening in background noise and literacy skills
- Increased attention
- Better communication, sense of rhythm and interactions with others
- Improved mood and increased confidence
- Better short term memory and auditory discrimination

### CONTACT

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The Listening Program®

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