

Therapeutic Listening (TL) Programming Guide

Equipment:

- Caregiver/therapist should place the headphones on self before each listening session to check headphone and player function, volume, and play settings

MP3 Player:

- Using random or shuffle mode keeps music novel

Headphones:

- Sounds Headphones, found at www.vitalsounds.com

Volume Control:

- Volume should be set at a comfortable level- normal conversation level

Activities to be discouraged while listening:

- Activities that make the child unavailable such as TV, videos, computer use, video games, sleeping, and/or toys used in a preservative way (i.e., lining them up)

Integrating Sensory Diet:

- TL cannot exist as a stand-alone treatment; solidify skills of listening program with a core-based sensory diet program
- Postural activation, organization, and refinement of core movement patterns is the “glue” that helps changes hastened by listening hold
- Focus on balanced flexion/extension, rotation/counter-rotation, vestibular input, and respiration
- To recruit the deep core musculature, the child must work to the point of fatigue during activities

Working with headphones/music:

- Potential apprehension quickly fades away, especially when the therapist/caregiver does not bring any additional hesitation to the situation; be confident in your position and the child will follow your lead
- It may be helpful to integrate some of the child's favorite toys, snacks, or even a parent when first starting with the headphones to ease the transition

Protocol:

- 30 minutes each listening session
 - 20-30 minute listening times for specified modulated CDs
- 2 times per day, 7 days per week
- Minimum separation of 3 hours between listening sessions
- Change CD/music every 2 weeks
- For use over headphones only, except for children under 2 years of age