

Emerge



A Child's Place

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Occupational Therapy
Speech Therapy

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Serving children from birth
to 14 years old

Using therapy to improve conditions such as:

Delayed Speech
Dyspraxia
Speech Impairments
Non-communicative Speech
Oral/Verbal Apraxia
Language Disorders
Feeding Difficulties
Autism/Asperger's/PDD
Developmental Delay
Cerebral Palsy
Sensory Integration
Disorders
Sensory Modulation
Disorders
Handwriting Impairments
Fine & Gross Motor Delays

A Private, Independent
Provider

www.EmergeAChildsPlace.com

How Therapeutic Listening® Can Organize High Energy Children



Bonnie Hacker, OT
Founder / Director

Personal experience tells everyone that music and sounds can affect mood. The inner ear also makes up part of the proprioceptive system that controls balance and tells the body where it is in space and position. As a matter of survival, our mind integrates hearing with important reflexive behaviors. In the mid 1900's, doctors began experimenting with the theory that specially designed music recordings could be used therapeutically to prepare children for purposeful activity, help integrate the senses of people with various sensory processing related challenges, and ultimately improve some motor skills.¹ The theories experienced some success in practice and in research, and continual refinements have been made over the past few decades.²⁻⁵ At Emerge - A Child's Place, therapists have advanced training in Therapeutic Listening® and make the therapy available as a useful adjunct to other treatments.



Research shows TL to help improve behaviors of ADHD, Asperger's, autism, and motor delays. Improvements were found in communication, sleep patterns, and even handwriting legibility.

Therapeutic Listening® (TL) stands apart as today's most current and accepted practice of sound-based therapy. A peer-reviewed study recently published in *The American Journal of Occupational Therapy* confirms its effectiveness.⁶ TL uses numerous, digitally altered, CDs varying in musical style, types of filtering, and complexity. Among other things, the sounds are designed to specifically stimulate and then relax certain muscles of the inner ear (i.e. to exercise the inner ear).⁷ Therapeutic Listening® emphasizes the blending of sound intervention strategies with postural, movement, and breath activities to promote better coordination and integration of the body's sensory input.

Hall and Case-Smith's study compared the effects of sensory integration exercises alone to sensory integration plus Therapeutic Listening®.⁶ They demonstrated that Therapeutic Listening greatly improved the rate of development in Sensory Profile scores, visual-motor integration, and handwriting legibility. Some areas of fine motor skills did not show improvement related to TL. Subjectively, parents and teachers reported **dramatic improvements in reducing the number of tantrums per week, attention, interaction with peers, transitions, listening, self-awareness, communication, sleep patterns, and following directions.** Children admitted to the study were initially tested to have some level of sensory processing disorder. Medical diagnoses included **ADHD, mild autism, pervasive developmental disorder, Asperger's syndrome, developmental delay,** coordination disorder, or motor delays.

The clinical experience at Emerge has borne out the theory that Therapeutic Listening® can reduce the length of time needed for therapy. When indicated, pediatric therapists at Emerge introduce Therapeutic Listening® during regular therapy sessions. When children respond positively, Emerge loans equipment to parents for two weeks. If a child continues to respond positively, parents can purchase the necessary high quality earphones, use their own portable CD players, and join the Emerge TL library to borrow the necessary CDs without incurring the high cost of purchasing multiple CDs. Proactive inclusion of TL in treatment plans serves as one more way that Emerge - A Child's Place delivers optimal results for children and their families.

**Please tell parents about Emerge - A Child's Place
Believing in a Child's Potential to Flourish**



Affordable Care at Emerge - A Child's Place

Many parents find that insurance coverage for pediatric occupational or speech therapy is often limited. In these cases, Emerge has even more to offer in addition to uncompromising quality of care and excellent facilities. Even though the quality of care at Emerge is at the highest levels, you will find the fees at Emerge to be the most affordable.

References

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