

# Johansen IAS (Listening Programme)



Johansen IAS is an Auditory Stimulation programme which involves listening to music specifically designed to stimulate the nerve pathways into and within the brain - in particular the areas dealing with language. Children as young as three years old, adolescents and adults can all benefit from Johansen IAS.

Johansen IAS is the only auditory stimulation programme which uses music recordings customised to the individual's own hearing curve to organise and enhance auditory processing skills.

Children and adults with dyslexia, dyspraxia, ADHD, speech and language difficulties may have inefficient auditory processing.

The first step towards starting on a Johansen IAS programme involves assessment. Assessment will include the use of checklists to gather background information, together with formal and informal tests to explore the individual's profile of strengths and difficulties. Once a picture of the individual's difficulties has been gained Johansen IAS will be discussed and explained.

Johansen IAS is a home (or school) based Sound Therapy programme which involves daily listening to music with specially recorded tracks for



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Childrens Therapy Services

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10 to 15 minutes through over-the ear headphones. Many individuals choose to listen at bedtime when they are relaxed and daytime activities are not interrupted.

Reviews are carried out every four to ten weeks depending on age, when progress is discussed and a new listening audiogram is taken (if appropriate). New music will be made, again customised to the individual needs of the listener. The programme usually lasts around 8 to 12 months.

Johansen IAS can contribute to improvements in:

- Listening
- Attention
- Concentration
- Understanding
- Learning
- Reading
- Spelling
- Social Skills



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