

Therapeutic Listening Programme (TLP)



TLP music based therapy activates listening and helps children tune into and respond to the world. TLP improves basic physiological functions.

Therapeutic listening music exaggerates sounds that naturally capture attention. It activates parts of the brain that regulate body functions, how we behave and how we relate to others. TLP influences the whole body.

TLP can be combined with a variety of therapies, including including Play Therapy, sensory motor therapies to enhance the speed of change and improvement. Each therapeutic listening programme is unique and tailored to the individual's needs.

What does the program look like?

The music is listened through specially designed, over the ear, open headphones. This allows for the frequencies to vibrate in its designed resonance between the left and right ear. The songs are on a chip and are played through a Sandisk chip player. The same song is to be listened to twice a day for 30 minutes for two weeks. After two weeks a new song selection will be provided based on which area of development are to be focused on next. The music cannot be listened to in the car or whilst looking at a screen i.e. TV, iPad, computer. The child/adult can continue doing their usual activities when listening i.e. getting ready, homework, reading a book.

How many sessions is needed for Therapeutic Listening?

Visits are on a fortnightly basis to change the song. At each session the program is reviewed to see if it is being effective, and if it is still the best option for your family.

As an estimate, previous families have required four song selections, equating to an initial session and four fortnightly sessions, totaling five sessions overall. However more sessions may be needed to keep fine tuning skills, or fewer sessions if happy with the gains made.



[childrenstherapyservices](https://www.instagram.com/childrenstherapyservices)



Childrens Therapy Services

www.childrenstherapy.online

info@childrenstherapy.online

ASF registered

Therapeutic Listening Programme (TLP)



Therapeutic Listening Programme can help:

Regulate the level of arousal/alertness to improve:

- sleep / wake cycles
- auditory, movement and touch tolerance
- focus and attention
- toilet training and cessation of bed wetting
- regulation of hunger and thirst

Improve motor control

- using two sides of the body together
- motor planning / variety of play / fine motor control
- independence in activities of daily living

Postural tone

- sustain posture on stable/dynamic surfaces
- improved stability
- improved trunk rotation in movement

Understanding and organisation in time and place

- better understanding of place and space
- better timing & better social interactions
- better handwriting and other visual-motor skills

Communication

- greater range of non-verbal communication
- improved emotional expressions
- improved responses to direction
- confident communication



[childrenstherapyservices](https://www.instagram.com/childrenstherapyservices)



Childrens Therapy Services

www.childrenstherapy.online

info@childrenstherapy.online

ASF registered