

## SECTION 14

# FREQUENTLY ASKED QUESTIONS

**Q.** What is auditory processing?

**A.** Auditory processing is the term used to describe what happens when your brain recognizes and interprets the sounds around you. Humans hear when energy that we recognize as sound travels through the ear and is changed into electrical information that can be interpreted by the brain.

**Q.** Who can benefit from The Listening Program®?

**A.** Anyone can benefit from improved listening ability. The Listening Program can be used by people of all ages, starting as young as age two.

Empirical evidence has demonstrated benefits for:

- The typically developing child.
- Individuals experiencing listening, sensory, learning, language, reading, attention, memory, social, communication, and auditory processing difficulties.
- Those interested in improved communication and speaking skills, musical ability, learning potential, relaxation, and creativity.

**Q.** How long does it take to complete The Listening Program?

**A.** Listening sessions are typically fifteen minutes in length, done once or twice a day, five days a week. The program length varies depending on the listener's goals. The minimum time recommended is forty hours over the course of 16 to 32 weeks. Many people find it advantageous to repeat the program periodically and to move on to The Listening Program Level One, Level Two and use TLP Specialized CDs for further benefits.

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☰ **Q.** How quickly can we expect results?

☰ **A.** It depends on the individual's goals for listening and what else is being done along with TLP to accomplish the goals. The brain needs a certain amount of repeated stimulation in order to remember new information and integrate it for functional use. Some people see change within a few days, others after completion of forty hours of listening. There is no way to know in advance the exact amount of time it will take.

☰ **Q.** Can a successful outcome be predicted?

☰ **A.** It is not possible to predict with certainty that listening training will be successful in achieving specific goals. When Listening Schedules are followed with consistency best results will be achieved. Often results are seen in areas that were not initially identified for change.

☰ **Q.** Will the results fade over time?

☰ **A.** Research on the use of TLP with auditory processing issues has shown that results continue to occur for up to one year after completion of the program, then plateau, with the most measurable results occurring 2-9 months after completion. We recommend you complete at least forty hours and continue some level of continued listening.

The Listening Program is very much like a physical exercise program. You need to do it on a regular basis, put some real effort into it, and keep at it. You may be fit for a time after an exercise program, but you won't stay that way if you stop exercising or lead an unhealthy lifestyle. If the listener is healthy and does not do things to adversely impact his health the changes that result from TLP will last.

**Q. Are there any side effects?**

**A.** The Listening Program is a safe, non-invasive method of music-based auditory stimulation. TLP's patent pending modular design supports listeners as they gradually progress through increasing levels of stimulation. Tens of thousands of listeners have safely used TLP.

Some people may experience undesired changes for a brief period of time, ranging from a few minutes to a few days. These changes can be viewed in two categories:

1. Behavior or emotional regulation. These types of changes are generally an indication of a transition during the time it takes the brain to learn a new pattern and to reorganize. These changes are often accompanied by positive changes in auditory processing, communication abilities and other areas. Those experiencing these changes should continue listening until the changes resolve. If the changes are too disruptive, modifications can be made to the Listening Schedule.
2. Physiological function. These changes may be experienced during or immediately following a Listening Session and can include a sense of feeling "off", nausea, headache, or dizziness. If these persist, listeners are encouraged to consult a health professional to ensure there is not an underlying health issue causing the changes. Some of these changes can also indicate an area of weakness in the body that may need attention.

If there is ever a question regarding changes experienced with listening consult with your TLP Provider.

**Q. What other music can I listen to while participating in TLP?**

**A.** While going through TLP we encourage listeners to practice discretion in their listening choices. Select good, acoustic music that feels beneficial, such as Sound Health® or Music for Babies™ from ABT Music. Listen at moderate volumes through speakers or headphones. During TLP you may also listen to audio books-on-tape, stories, spoken word, etc.

**Q.** What do I do if I miss a Listening Session?

**A.** Contact your TLP Provider for recommendations and/or follow these simple guidelines:

Miss one segment in a week- Complete the next Listening Session as if it were not missed.

Miss two or more segments in a week- Repeat the last session completed, then the missed sessions before proceeding.

Miss one to three weeks- Repeat the last week completed, then the missed week or weeks before proceeding.

Miss four weeks or more- It is generally best to start from the beginning.

**Q.** Whom do I contact if I have questions while using The Listening Program?

**A.** Contact your Provider who supplied you with TLP.

**Q.** Can The Listening Program be used by people with hearing aides or cochlear implants?

**A.** Yes, contact your TLP Provider for information on how to use TLP in these situations.

**Q.** Can The Listening Program be used if someone has epilepsy or seizure activity?

**A.** TLP is used safely by people who have seizure disorders if the seizures are stabilized. However, do tell your Provider if you have any such condition. Do not use TLP if you are starting a new medication or adjustment in dosage. Consult with a medical professional first.

**Q.** How is TLP different from other auditory stimulation programs?

**A.** • Some auditory stimulation programs require travel to a facility for Listening Sessions. TLP is a non-invasive, portable, music-based auditory stimulation program that can be used in the home, school, clinic, hospital, office, etc...

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- A multi-disciplinary team of professionals with decades of experience work together in TLP development.
- TLP has a patent pending modular design with the A, B, C format and specific Listening Schedules that can be individualized as needed.
- Only TLP contains high quality music selected, arranged and recorded by ABT Music with the Arcangelos Chamber Ensemble specifically for the program.
- Most other programs use filtration and/or gating technologies only. ABT has pioneered many new sonic treatments and technologies, including Spatial Surround™ (patent pending) and Spatial Surround™ Dynamic, audio bursting, filtration blending, and many others.
- Programs are field tested with clinical professionals before their release.
- TLP is very affordable and can be used time and time again.

**Q.** Where can I read about research and the effectiveness of The Listening Program?

**A.** The ABT web site [www.advancedbrain.com](http://www.advancedbrain.com) contains articles, studies, case studies, and stories from adult listeners and professionals who have used The Listening Program for a wide range of populations.

**Q.** How can I find out about The Listening Program Level One, Level Two and Specialized CD's?

**A.** Contact your TLP Provider for further information and to determine how to best achieve your goals.

**Q.** Does Advanced Brain Technologies produce products other than The Listening Program?

**A.** Advanced Brain Technologies has many products that complement The Listening Program and can be used on their own. These include Sound Health®, Music for Babies™, BrainBuilder®, BrainBuilder.com, and others. ∞

To learn more visit [www.advancedbrain.com](http://www.advancedbrain.com).