

## **SOLISTEN PROGRAM**

Solisten is a revolutionary sound training program. Discovered in the 1950's by Dr. Alfred A. Tomatis, Solisten is the portable application of the Tomatis Method.

## **BACKGROUND**

Dr Tomatis' research led him to draw the distinction between **hearing and listening** and to emphasize the links between the ear, brain and the whole body.

Based on his discoveries, Dr Tomatis developed an **auditory stimulation program** to reactivate the full listening potential of his clients' ears.

Today, Solisten is the first portable sound training and auditory stimulation program to provide the well-known **TomatisEffect**.

## **LISTENING VS HEARING**

Hearing is the passive reception of sound while listening is the active participation in what one hears. It's possible to have good hearing - but poor listening. The ear plays a unique and critical role in our day-to-day lives. Beyond auditory function (the perception of sounds), the ear assumes two more functions:

1. **The dynamization function** - The human ear can be compared to a dynamo which provides the brain with energy and thus requires stimulation. The quality of the sounds, produce effects on the level of energy of the brain. Tomatis found that higher frequency sounds are better for brain stimulation.
2. **The vestibular function** - The ear plays an important role in posture and balance control and influences a large part of the muscular system of the body. Not a single muscle of the body can move without the interplay of the vestibular system and its connection to the brain

## **HEARING IS A FUNCTION OF THE EAR WHILE LISTENING IS A FUNCTION OF THE BRAIN.**

***Listening problems are the root cause of many learning and communication difficulties.***

When this dysfunction occurs, the brain will order the ear to function less efficiently in return. This opens the way to everyday listening problems: mistaken interpretations during verbal exchanges such as the, impression that certain sounds are aggressive, lack of comprehension, difficulty concentrating, learning difficulties and so on.

If you change the way the ear works, you affect all the body's major organs. These changes, in turn, can produce profound transformations in how we function. People of all ages can imagine new possibilities, expand their capabilities and realise their dreams.

## WHAT ARE THE APPLICATIONS OF THE SOLISTEN

Adults and children with **AD/HD, dyslexia, autism, developmental delays, communication difficulties, and learning disabilities** have achieved significant progress with SOLISTEN.

Individuals also find they have **renewed energy**, are less anxious, have better clarity of thoughts and handle daily situations in an easier way

Solisten can improve many areas such as:

- sensory integration
- auditory processing
- attention, focus, memory
- motor control, posture
- expressive and receptive language
- stress and anxiety
- learning skills
- social interaction
- confidence and self-esteem
- emotional intelligence

## HOW DOES IT WORK – PROGRAM STEPS

- A Solisten Qualified Licensee (SQL) will first evaluate the needs and develop a special program for each client.
- The program is taken at the practice for two phases of 15 days each. Each day the client listens for two consecutive hours.
- After a break of 3 – 4 weeks, the client listens for another 15 day period of two consecutive hours a day. During this period, the SQL monitors the progress.
- Final evaluation test

Every situation is unique. In many situations, the initial 60 hours are sufficient. In some situations, continual listening may be necessary over a longer period of time to achieve greater goals. This is determined together by the Solisten provider and client as his or her program progresses.

Should you require any additional information, please do not hesitate to contact **Marina Grobler at 0733031375**

<http://www.so-listen.com/>