



TOMATIS® METHOD OVERVIEW



Offered by
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Areas of Application

Learning, Speech and language, Motor skills and coordination, Academic skills

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A FEW WORDS BEFORE BEGINNING



"We can hear well, but listen poorly." Alfred Tomatis

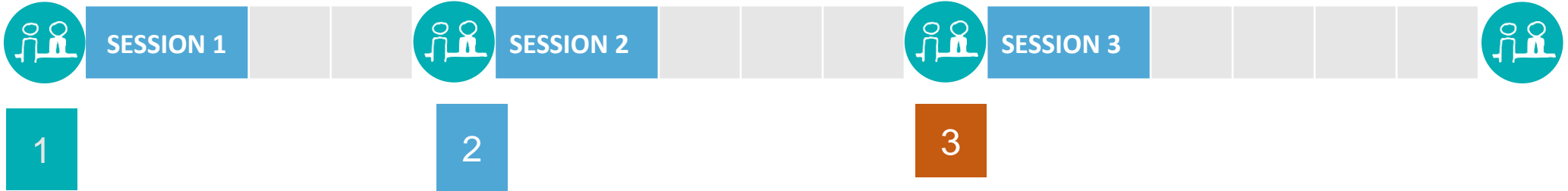
Sixty years ago, the ENT Alfred Tomatis developed a method to restore listening skills. This program, to which Tomatis devoted his life, consists of specific listening sessions. Your own voice, or music is modified in real time to naturally train your brain to enhance your motor, emotional, and cognitive abilities.

This effect occurs because of **neuroplasticity**, which is the brain's capacity to create new connections following specialized, sustained, and repeated stimuli. Considered a forerunner to modern neuroscience, Alfred Tomatis is cited as a reference by many researchers and scientists. His method is now used all over the world.

The Tomatis® Method is a complementary program and may be used in conjunction with other programs or approaches. The Tomatis® professional that you work with may have their own specialization and treatment plan.



YOUR PROGRAM AT A GLANCE



Your first session will last about 2 hours. During this interview with a professional trained in the Tomatis® Method, you will be asked to share your personal history and that of your child. This session will allow you to think about a Tomatis® course, to set goals, and to define expectations. Each session is followed by an interview in order to adjust the course as needed.

Each **listening session** generally lasts 14 days with 40-80 minutes of listening each day. These sessions are performed at school with TALKSUP®. The sessions consist of music that has been customized to the child's listening profile. As he/she goes along, the program evolves, incorporating active sessions of reading and/or repetition.

After each session, there will be a break of about 4 weeks. The duration of the break may increase after the first session. During these breaks, stimulation continues with active work reading, talking and/or singing using the Forbrain® or the Infinite® headsets.

The Program

Your course is personalized by a Tomatis® professional and can vary greatly depending on your goals and profile. As a result of this personalization, the number and duration of listening sessions and scheduled breaks can change significantly.



OVERVIEW AND INDIVIDUAL SESSIONS

You'll start with an overview session which lasts approximately 1½ - 2 hours. This individual session will serve as an opportunity for evaluating. Each professional will utilize all the appropriate evaluating materials. Your Tomatis® professional may ask that you participate in evaluations specific to the Tomatis® Method. These tests are designed to determine the child's listening, emotional and behavioral profile in order to personalize the program and help to measure progress along the way.



Tomatis® Evaluation Database (TED)

This online questionnaire was created for evaluating children. It consists of a series of psycho pedagogical questions which parents must answer in relation to the child. The questionnaire will take approximately 20 minutes and permit your professional to target problems and evaluate progress.

During the course of the program, several individual sessions are offered, which serve as the key to reaching the program goals. They aim to customize the program based on the test results, your own feedback, and noticed progress.



SESSIONS

Listening Sessions (Passive Phase)

These sessions will serve as the majority of the sessions. The music presented is composed mostly of Mozart, which is filtered and modified. The music is transmitted by bone conduction while wearing specialized headphones. The child will perceive sound contrasts that modify the timbre and intensity while maintaining the rhythm and melody. These contrasts produce a naturally stimulating effect for your brain and improve listening.



The number, duration, and the type of material covered during the sessions are customized to the child listening profile and the program goals.

BREAKS

Between each session, there will be a break for several weeks. These breaks are called "Integration Phases." They are to be followed by follow up tests and interim interviews before a new session begins.

Listening Sessions (Active Phase)

In these sessions, the child will read, repeat, discuss or even sing while his/her voice is instantly changed and transmitted according to specific settings. This allows the child to hear his/her own voice modified in real time. The activities to perform during these sessions are dependent on the personal listening profile and goals established.



BASIC CONCEPTS



The Music. The music chosen for the sessions is mostly extracts from the works of Mozart. This music is dynamic and rich with harmonics, thus perfectly suited to the dynamic filter. Mozart's music is also universally appreciated. Other types of music can be used including waltzes, rhythmic songs, or Gregorian chants.



Sound Contrasts (dynamic filter). The brain is particularly sensitive to sudden, unanticipated changes. During Tomatis® listening sessions, the music changes suddenly in its tone, timbre, and intensity. These changes are virtually undetectable for the brain and therefore create the effect of surprise. **In response, the brain develops its ability to detect these changes which is very important for improving attention.**



The Transmission of Sound. Sound is vibration. When this vibration is in the air, we call it *air conduction*. Air conduction is the way in which we naturally perceive external sounds (for example, listening to music through headphones). But when this vibration is transmitted through bone, we call it *bone conduction*. We can perceive the sound while plugging our ears with our fingers or placing one hand on top of the skull. During Tomatis® listening sessions, music (or the voice) is also transmitted by air conduction and bone conduction. **While the brain is perceiving sound signals arriving via bone conduction, the analysis of the sound signals arriving via air conduction are also facilitated.**



Favor the right ear. The left ear is connected to the right side of the brain and the right ear is connected to the left side of the brain. One ear usually predominates. Depending on our predominance, the analysis of the stimulus is not the same, and influences the way we process information. We now know that favoring the right ear over the left strengthens learning and communication skills. **Thanks to the specific settings used, the Tomatis® Method favors the right ear by modulating the intensity of the sound in each ear.** Work on auditory laterality with the Tomatis® method is not systematic.



WHAT DOES IT FEEL LIKE?



The Tomatis® Method is a natural, noninvasive sensory stimulation approach. Regardless of the program offered by the professional, there is absolutely no risk of hearing loss. The ears are powerful tool for processing sensory information, and this means that they are well-connected to the brain. The Tomatis® Method aims to optimize the ears' potential to help train the brain. What is felt in terms of mood, energy, and concentration can vary greatly from person to person. Here are some explanations of the processes behind the subconscious changes that occur with the Tomatis® Method.

- **The Tomatis® Method is a program.** It aims to train the brain by giving it opportunity to process sensory stimulation. Like any learning process, it requires time and repetition. This can result in feeling impatient or fatigued.
- **The Tomatis® Method is a workout.** Our ears work as a result of muscles that are both the smallest and the fastest in the entire human body. The Tomatis® Method aims to develop these muscles to their full potential. At the end of a session, some people may feel fatigued as a result of this muscular effort. On the other hand, some people may feel immediate well-being.
- **The Tomatis® Method is sensory stimulation training.** Remember that sound is vibration. The role of the inner ear is to convert this vibration into electrical impulses. The musical component of the Tomatis® Method promotes the transmission of high-pitched sounds that are particularly effective in stimulating the brain. This intense stimulation can result in temporary fatigue, or conversely—a boost of energy.
- **The Tomatis® Method is a psycho-educational program.** The goal is to help the brain better analyze sensory information. This analysis has an important emotional dimension since everyone processes this information according to their own experiences and feelings. By promoting listening, we can be quickly overwhelmed by the sensory information our brain must now learn to process. Some people sense new emotions that they find difficult to grasp and verbalize. This can result in irritability and stress. This is called “disorganization before reorganization.”

Experiencing one or more of these effects can be explained by the creation of new neural pathways, which initiates future progress. Therefore, it's important to follow the program to completion, and to share your feelings with your Tomatis® professional, who can adapt the program as needed. If there is too much discomfort, we recommend that you stop the program temporarily while discussing the experience with your professional.



Tomatis® and Montessori

Mrs. Payan at her school provides young children with a smooth transition to school grounded on the Montessori Educational method.

Emotional and academic growth is the main goal of her program – she wants her students to prepare for a happy and healthy life!

The Tomatis® Method is offered as an enrichment to the child's Montessori environment to enhance coordination, listening skills, attention, sensorial and emotional self-regulation.

The Tomatis® Method sessions will be organized either during school hours or after-school hours at your choice. Mrs. Payan also provides all necessary equipment and support for the program.

Let us know your interest and let's work together!