

About the Tomatis® Program

The ear does a lot more than just hear.

The Tomatis® Method of auditory training was developed by an Ear Nose and Throat doctor from Paris, Dr Alfred Tomatis, almost 40 years ago. The method has evolved with our technological times and is backed by over 80 scientific research projects from around the world.

What is it?

Tomatis® is essentially a stimulation program that targets the central nervous system, particularly the sensory system. Through the process of neuroplasticity, it will educate and re-educate the auditory pathways to accept sounds in a harmonious way and build efficient listening skills. The listener emerges much calmer and the results of this have a domino effect on many areas of their daily life. This work is delivered in a subconscious and completely natural way.

Emotions

Sound plays a vital role on our emotions. If our listening functions are distorted, we, as humans are usually negatively impacted, emotionally. The Tomatis® method retrains the way in which the ear delivers incoming acoustic messages. This in turn allows the brain time to analyse and process in a calm manner, leading to less reactivity and less rigid behaviours.

Training attention

Good attention skills allow us to “tune out” information, sensations and perceptions that are not relevant. It is proven that the brain is more attentive when challenged by unpredictable change. By constantly surprising the brain, the program will trigger attention; the goal is to develop automatic mechanisms to detect changes. This in turn facilitates reinforced selective attention. The music also works to eradicate any distortions the person may have in their auditory function therefore removing barriers for further growth.

Listening

During his lifelong research, Dr Alfred Tomatis substantiated that the faculty of listening is closely related to the capacity for learning and the ability to communicate.

Listening serves auditory comprehension, as viewing serves visual comprehension. Listening is defined as using the ear consciously for communication.

The ear assumes three principal functions:

The energising function: the human ear can be compared to a dynamo which provides the brain with energy and thus requires stimulation.

The vestibular function: the ear plays a key role in posture and balance control and influences a large part of the muscular system of the body.

The listening function: the perception of sounds.

If the performance of one or more of the above functions is not optimal, we observe closely interlinked dysfunctions. By retraining the ear, the Tomatis® Method re-creates new connections to the brain so it can use its full potential.

Who can benefit from the Tomatis® Method?

If many of the following symptoms apply to you or your child there may be a listening dysfunction.

- Short attention span/easily distracted
- Poor memory
- Over-sensitivity to certain sounds
- Frequent daydreaming
- Misinterpreting simple requests
- Need directions repeated or simplified
- Delayed language/weak vocabulary
- Over-talkative but says little
- Broken or hesitant speech
- Weak/flat or monotone voice
- Disorganized syntax/sentence structure
- Singing off-key
- Reading/writing/spelling problems
- Poor, slumped posture

- Awkward co-ordination, clumsy
- Poor sense of balance or rhythm
- Left/right confusion
- Letter and number reversals
- Low energy
- Lack of energy
- Lack of motivation
- Restless/hyperactive
- Low self-confidence
- Low frustration tolerance
- Immaturity
- Depressed disposition
- Indecisiveness
- Emotional inflexibility

The Tomatis® Method has helped thousands of children and adults around the world who suffer with:

- Speech delay
- Learning difficulties, dyslexia, auditory processing
- Distractibility, need for repetition
- Attention, concentration difficulties
- Balance and motor dysfunction
- Hyperactivity (ADHD)
- Communication difficulty
- Weak vocabulary
- Poor memory
- Confidence
- Stress, Fatigue, Depression
- Voice and singing difficulties (lack of pitch or rhythm)