



About the Tomatis® Program

Tomatis Sound Therapy, Forbrain and Soundsory (two side products of the Tomatis Method) are powerful tools that can create real relief for many different reasons and applications. It should not be seen as a “cure” though. It’s a strong support that has reduced symptoms in many of our clients – both children and adults.

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)

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.

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.

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

During the Tomatis ® listening sessions, music is transmitted with sudden changes of tonal contrasts triggered by timbre and intensity. These contrasts are totally unpredictable.

The TalksUp ® device splits the sound into two independent channels, C1 and C2, which are processed individually. The sound characteristics of these two channels can be very different. Each channel can be programmed to provide a different composition of frequencies, that is to say a different timbre of the original sound. This switching back and forth between these two channels is called “Gating ®”. While using TalksUp ®, you sense the same melody at different levels of tones and intensity.

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.

Voice and language

The Voice

The ability to communicate using one's voice depends on accurate perception and analysis of sound. Good verbalization requires good *self-listening*: listening to one's own voice to assess its quality, intensity, and accuracy.

The sound of our voice is mainly transmitted to the ear by the vibration of the bones of our skull, a process called *bone conduction*. Alternatively, when sound waves in the air enter our ears, this is called *air conduction*. The sound is then analyzed by the brain, which directs a response with the voice. There are constant exchanges of information happening between the ears, the brain, and the voice. This *auditory feedback loop* is sometimes disrupted—usually because of cognitive or emotional reasons—leading to a breakdown in listening, and eventually in verbalizations as well. This breakdown can impact the rhythm, tone, or intensity of our vocal productions.

A compromised auditory feedback loop can result in a person's reluctance to communicate, difficulty speaking, lack of fluency in speech, lack of accuracy and precision of verbalizations, loss of control of intensity (volume), and other challenges.

By actively exercising the auditory feedback loop with both air and bone conduction, the Tomatis® Method restores the link that connects the ear, brain, and voice, thereby restoring our ability to speak in an effective and efficient way.

Language

By improving the relationship between the ear, brain, and voice, the Tomatis® Method also helps individuals with language skills. An important

foundation for language learning is *phonological awareness*. Phonological awareness is our ability to recognize and manipulate the sounds used in language. The sounds of language include a complex system of pronunciation, rate, rhythm, and tone. For some, mastering such aspects of language is challenging and sometimes occurs at a slower rate than their peers.

Instruction of phonological awareness is essential to language learning and there's a way to make this process more efficient. By training the brain through air and bone conduction, the Tomatis® Method promotes enhanced perception of the fundamental sounds of language, which solidifies the foundation for further language learning.

Motor Skills and Coordination

The ear is not only the most powerful sensory organ of the human body, it's also a driving member. The inner ear contains a structure called the *vestibule*: a sensory organ for balance. The vestibule senses the slightest movement of the body and passes this information to the brain. It's heavily involved in regulating motor skills (movement), laterality (right- or left-side dominance), muscle tone, and verticality (our upright posture).

Work on the vestibular system can lead to improved motor skills needed for tasks such as walking, running, jumping, or tapping our feet to a beat. Work on the vestibular system can also improve balance while minimizing balance-related issues such as dizziness and nausea.

By transmitting deep rhythmic sounds, the Tomatis® Method acts directly on the vestibule to improve motor skills, laterality, regulation of muscle tone, and verticality. In addition, the Tomatis® Method improves the coordination of right and left movements by acting naturally on the laterality of our hearing system.

Dynamism

Stimulating the ear to ensure cortical energizing

Over 80% of sensory stimulation comes from your ear. Whether you're awake or asleep, your ear is constantly bombarding your brain with stimuli. From the fourth month of pregnancy, the fetus ear is the first fully functional organ.

The human ear called the Cochlea is responsible for "cortical energizing". The ear needs to be stimulated to energize the brain and the body. Sound is necessary for our personal fulfillment. The richer the music is in high frequency harmonics, the more efficient is its effect. Sounds that are rich in high frequency harmonics stimulate a vast neural network, called the "reticular formation", which controls the overall activity level of the brain.

That's why we mainly use Mozart violin concertos, with well-known beneficial effects.

Auditory Laterality

We have two hands, two eyes and two feet. You can be right or left dominant for each. The same is true of our ears. One is dominant, which means that it is processing the information faster than the other one. That might be because the connections of the right and left auditory pathways within the brain are really different.

The left ear is connected to the right brain area, while the right ear is connected to the left-brain area. The right and left parts of the brain do not treat the auditory information in the same manner.

Studies have shown that each part of the auditory cortex is responsible for specific functions. It has been determined that the left auditory cortex (right ear) is implicated in the comprehension of oral language and logical reasoning while the right auditory cortex (left ear) is dedicated to emotional perception and musicality. How we process auditory information depends on whether the ear is right or left dominant. It is generally accepted that being right ear dominant will help to develop learning and communication.

Through specific settings, the Tomatis® Method can naturally stimulate the right ear by appropriately modulating the intensity of sound in each ear.