

## **Therapeutic Listening: Listening with the Whole Body**

Listening plays a vital role in the sensory integration process. In fact, some studies believe that the auditory system is the 'missing link' in sensory integration modalities. Both research and clinical experience have shown that using sound-based intervention for clients with sensory processing difficulties can increase treatment effectiveness.

In this two day workshop, you will learn to use Therapeutic Listening® modulated audio selections (available on CDs or digital music players) to create individualized, home-based programs for clients. You will also learn how to implement Therapeutic Listening® strategies in conjunction with postural, respiratory and sensory activities. The course will take you through all of the steps from assessment to outcomes for creating complete Therapeutic Listening® programs. Video case presentations will be used to illustrate points and show changes in individuals with listening and other sensory processing difficulties.

This workshop will be especially meaningful for practitioners who have a background in sensory integration, including therapists in schools, hospitals and private clinics. This course provides participants with the necessary background information to begin using Therapeutic Listening® right away. The specialized headphones and digital music players or audio CDs required for Therapeutic Listening® will be available for purchase upon course completion. Fees for this workshop include \$79.00 for a copy of Sheila Frick's book, *Listening With the Whole Body: Clinical Concepts and Treatment Guidelines for Therapeutic Listening®, Second Edition*.

### **Who Can Benefit From Therapeutic Listening?**

Therapeutic Listening® coupled with sensory integrative treatment tends to speed the emergence of:

- Attention
- Organized behavior
- Self-regulation
- Postural control
- Bilateral coordination
- Praxis
- Fine motor control
- Oral motor/articulation
- Social skills/communication
- Visual motor integration

## Course Objectives

Upon completion of this workshop, participants will be able to:

- Describe the relationship between listening and sensory integration
- Identify individuals with sensory processing and listening difficulties who may respond well to Therapeutic Listening®
- Create Therapeutic Listening® programs that are adapted to meet specific needs of individual clients
- Demonstrate understanding of the role of postural, respiratory and sensory strategies that are part of the Therapeutic Listening® program

## Agenda

### Thursday September 22

8:15	Registration
8:30	What is listening?
10:00	Break
10:15	What is Therapeutic Listening®?
11:00	Listening as a sensory integration process
12:00	Lunch/Listening lab
1:15	Using sound as a tool
2:15	Understanding the elements of music as clinical tools
3:00	Break
3:15	Descriptions and clinical use of music selections available
4:30	End

### Friday September 23

8:30	Programming with Therapeutic Listening®
9:30	Anatomical structures and neurological considerations
10:30	Break
10:45	Anatomy and neurology (continued)
12:00	Lunch/Listening lab
1:15	Core activation and development
2:00	Assessment tools
3:00	Break
3:15	Clinical case studies, problem solving, questions
4:30	End

## **Accessing the Power of the Vestibular-Auditory-Visual-Triad**

The vestibular, auditory, and visual systems are key for organizing sensory input. Together these key systems provide us with our sense of self in time and space. A solid understanding of our body in space provides the core foundation for both skill and emotional regulation. This course will examine the neurodevelopmental aspects of the vestibular/proprioceptive systems and their resultant links with the visual and auditory systems. Participants will learn the critical components of each system, their unique and complimentary contributions to sensory processing, development of postural ocular skills, bilateral integration, and praxis. A wide range of practical intervention strategies will be revealed through hands-on movement labs and discussion of video samples.

### **Course Objectives**

Upon completion of this workshop, participant will be able to:

- Discuss the development of the vestibular auditory visual (V-A-V) triad and each systems role in development of spatial temporal orientation.
- Recognize vestibular proprioceptive processing difficulties and their contribution to postural development, vision, and audition.
- Have the tools to create simple yet powerful strategies to activate the power of the V-A-V triad across multiple environments.

### **Agenda**

#### **Saturday September 24**

8:30	Development of the V-A-V triad
9:00	Functional neuroanatomy of the V-A-V triad
10:00	Break
10:30	Postural development and the V-A-V triad
12:00	Lunch
1:00	Assessment/treatment strategies of the primary movement patterns related to vestibular proprioceptive processing
2:00	Assessment/treatment strategies for vestibular ocular reflexes
3:00	Use of sound as a tool to enhance both vestibular and visual processing
4:00	Discussion and questions

## **Presenter**

**Sheila Frick** is an internationally esteemed clinician, lecturer, and pioneer in Occupational Therapy. She has over 25 years of clinical experience, having worked in psychiatry, rehabilitation, and home health before specializing in pediatrics. Her expertise includes sensory processing dysfunction, sensory integration, and auditory interventions. Sheila created and continues to expand Therapeutic Listening®, which she has taught to over 10,000 therapists worldwide. She also lectures on such topics as clinical neurology, respiration, the vestibular/auditory system and various auditory interventions. She is the author of *Listening With the Whole Body: Clinical Concepts and Treatment Guidelines for Therapeutic Listening®* and co-author of *Core Concepts in Action*, *Astronaut Training*, *Out of the Mouths of Babies* and *M.O.R.E: Integrating the Mouth with Sensory and Postural Functions*.

## **Workshop Location**

Sala Caboto at Villa Colombo (Main Intersection Dufferin St and Lawrence Ave)  
40 Playfair Avenue  
Toronto, Ontario M6B 2P9  
Phone: (416) 789-2113 ext. 6000

## **Closest Hotel to Workshop Location**

### **Holiday Inn Yorkdale**

3450 Dufferin Street  
Toronto, Ontario  
M6A 2V1  
Phone: 416-789-5161  
Fax: 416-785-6845

### **Reservation Inquiries**

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