

LISTENING FOR IMPROVEMENTS - TOMATIS Talksup & Infinite

We all have sensory systems that help us manage being in the world and feeling secure. Some people are more highly sensitive than others, some are less so, and we can all get overwhelmed with stress and anxiety from time to time or even shut down completely when burned out, traumatised, or hurt in some way. There are many ways to work with both developing and mature nervous systems to help bring about calm, focus, and safety that are non-invasive and work with your body's own natural ability to grow, heal, and regenerate.

Sensory programmes that work through listening have a robust recent history of alleviating many difficulties from depression to insomnia to autism and more. We have a large collection of options for you to choose from as an additional support when pursuing psychotherapy, neurofeedback or any other support service with our team at the Psynamo Group.

The information provided in the following is from the Tomatis system and family of tools. We provide the programme and equipment. We also can provide a discount if you would like to purchase certain of these tools for continued home use, which is recommended in some cases and provides a more affordable option in the long run. Ask about which system and programme might be right for you or someone you care about. Each programme targets a slightly different area and your therapist would be able to guide you on the one or ones that might be right for your needs. Call or write today to arrange an appointment to discuss your options for feeling better soon.

TOMATIS

The Tomatis® Method offers children, adults, and seniors one of the most innovative and advanced neurosensory stimulation training programs to improve brain function. Backed by numerous studies, the Tomatis® Method is commonly used to improve motor skills as well as emotional and cognitive abilities. Its unique technology modifies music and voice in real time to improve brain stimulation.

The Tomatis Method is based on the principle of the transmission of unanticipated sound contrasts through music and a person's voice in order to constantly surprise the brain. That element of surprise forces the brain to develop automatic mechanisms to detect change, which ultimately serves to develop stronger focus and attention.



The Tomatis Method uses the natural plasticity of the neural circuits involved in the decoding and analysis of sounds to retrain the brain. It can help both children and adults develop effective coping strategies to deal with learning difficulties. The fundamental principle of the Tomatis Method is that any influence on the mechanisms of reception and analysis of acoustic message will affect the way in which this message is reproduced. By enhancing phonological and linguistic awareness, the Tomatis Method helps to understand, analyse and finally interpret the basic sounds of language.

The brain tends to protect itself naturally by filtering the analysis of sensory information. It especially happens when the external environment is perceived as threatening or after an emotional shock. By stimulating the vast network of nerves that controls the overall level of brain activity, the Tomatis Method has positive effects on the control of emotion as well as on the regulation of stress. The most important organ in the ear associated with balance, movement and coordination is called the 'vestibular nerve'.

The Tomatis Method, through its direct interaction with the vestibular nerve, has an effect on the regulation of muscle tone as well as on both verticality and laterality disorders. The vestibular nerve in association with several other parts of the brain plays an important role in the coordination and rhythm mechanisms. The Tomatis Method stimulate the neural circuits linking the ear to the brain called "mirror neurons". The mirror neuron system plays an important role in social interaction, cognition and communication.

The Tomatis Method is a complimentary approach which is often used in conjunction with other therapist and programmes to help those on the autism spectrum. Overall, the Tomatis Method has the potential to effect and improve all of these areas, attention, learning, voice and language, emotional regulation, motor skills and coordination, autism spectrum disorders and more.

The program consists of specially designed music processed with neuro-acoustic modifications as well as a series of movement-based exercises which combines sound with movements to stimulate the vestibular and auditory systems simultaneously. The main purpose of Tomatis is to establish good foundations, from the fundamentals of sensory integration to more complex cognitive functions.

It is based on a concept known as neuroplasticity: the brain can change itself and create new connections through specific and repeated stimulation. It is a product that can help you develop and maintain improved body, brain and ear connections as a sensory training program that uses the power of music with the brain's neuroplasticity to improve one's cognitive and motor skills as well as auditory processing and even emotional regulation.

The concept behind the product: neuroplasticity

At any age, the brain can change itself and create new connections throughout specific and repeated stimulation. The Tomatis program is designed to capture brain attention and provide strong, multi-sensory stimulation. It helps the brain reorganize itself by forming new neural connections. Neurons and neural connections can grow throughout the human lifespan. Tomatis helps the brain to develop new connections.

The Program

Tomatis® transmits modified music using specialised headphones. The listening segment of the program takes about 30 minutes a day, followed by five minutes of exercises. It operates on the same principles of neuroplasticity as our main program.

The Technology

Tomatis® uses the Gating® process and requires parameters to be set a licensed professional before using. The Tomatis® program, uses bone conduction modules to better deliver quality music to the listener. These modules are located strategically in places like at the top part, where sound can be transmitted to the skull.

The Music

The way music works in Tomatis® is that there is a strong emphasis on rhythm and there are genres you can listen to from children's songs and classical composers. Each session usually takes up about 9-12 tracks. The way the music is presented is to really keep the brain trained on the rhythm of the music but makes enough sudden changes as to keep the brain sharp and attentive.

Who can benefit from this?

Tomatis is designed to be safe, effective, is suitable for all persons from three years of age upwards, and can help anyone but more specifically people with autism spectrum, developmental issues, sensory and auditory processing disorders, motor delays, balance and coordination, ADD and ADHD.

What to expect?

Tomatis will have an impact on, timing and sequencing skills, praxis and motor planning, perception and navigation in space, ability to follow directions, reading and writing, and attention and focus.

Call, write or check out our website to learn more about how the Tomatis Method can help you or someone you care about today and for many tomorrows to come.

www.psynamo.com

Link to the webpage where you find more information about this programme and supporting research:
<https://www.tomatis.com/en>