

Vital Links

Listening With The Whole Body

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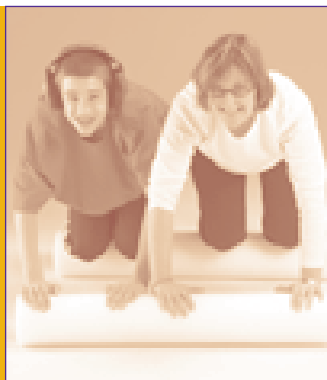
What is Therapeutic Listening™ ?

Sheila Frick is one of the pioneers responsible for providing a “home” for sound-based technology and methodology in the field of sensory integrative occupational therapy. Her cutting edge vision of auditory intervention possibilities has profoundly influenced clinical practice and the emergence of additional Therapeutic Listening™ tools. Sheila's expertise is reflected in her publications as well as her proficiency in training professionals throughout the United States and abroad. Her passion is to empower clinicians with the competence to weave Therapeutic Listening seamlessly into the fabric of OT practice.

Therapeutic Listening™ coupled with SI tends to speed the emergence of:

- n attention
- n organized behavior
- n self regulation
- n postural control
- n bilateral coordination
- n praxis
- n fine motor control
- n oral motor/articulation
- n social skills/communication
- n visual motor integration

Vital Links, founded in 1997, offers continuing education experience focusing on cutting-edge clinical treatment approaches incorporating Therapeutic Listening™. Vital Links was created for therapists by therapists and was spurred into existence by the need for practical, clinical-based continuing education opportunities. A strong theoretical base permeates all the courses offered by Vital Links, with the primary emphasis remaining on the clinical tools and strategies that can be immediately utilized by participants.



Therapeutic Listening™ (TL) is therapeutic use of an extensive library of electronically altered music on compact discs in combination with sensory integration (SI) treatment strategies. Clinical application of this dynamic form of sound technology, based on the work of Alfred Tomatis, Guy Berard and Ingo Steinbach, is fairly new to the field of occupational therapy. Prior to this, OTs had no specific sound tools to use in combination with therapeutic input from the other sensory systems. The emphasis of TL is on blending sound intervention strategies with vestibulo-proprioceptive organization so as to sustain grounding and centering of the body and mind in space and time while listening. TL utilizes a variety of CDs that vary in musical style, types of filtering, and level of complexity. While some of the discs primarily impact posture and self-regulation, others are targeted at higher levels of cognitive processing to enhance attention, communication, socialization, and academic performance. The use of sound and music is so intimately connected to movement that children on listening programs are often compelled to move and explore the environment in new ways. It is not uncommon to see changes within a few weeks on many aspects of physical, social, emotional, and academic performance. Clinically observed outcomes are showing improved temporal-spatial organization, improved handwriting and visual-motor skills, and

improved timing in motor control and social interactions. Preliminary research findings by K. Cantrall at Cleveland State University (in press) has found statistically significant improvements on Peabody Developmental Motor Scales-2ndR, Developmental Test of Visual-Motor Integration, Draw-A-Person, and Preschool Language Scale-3rdR measures in 15 developmentally delayed preschoolers.

Therapeutic Listening requires specialized training. Courses are available through Vital Links.

Experiential Workshop

Dynamic Emergence from the Core is an experiential treatment workshop to aid in expanding and enhancing your treatment skills. A four-day course, it utilizes experience-based learning labs to integrate neurological concepts with clinical practice. Postural control will take on new depth and meaning as a central component of all purposeful manifestations of behavior. Participants will become centered and grounded in a therapeutic approach which weaves specialty areas of practice (breath,

attention, modulation, listening, seeing, and bilaterality of movement and learning) into dynamic integrated expressions that emanate from the body's core.

Dynamic Emergence from the Core, taught by Sheila M. Frick and Mary J. Kavar, will be held in Madison, Wisconsin from September 17-20, 2004. For more information, please call **Vital Links, (608) 270-5424**.

www.vitallinks.net

Workshops–

Vital Links workshops are for treatment providers with a sensory integrative background. We offer workshops in Therapeutic Listening™, core development, and merging yoga & sensory integration. Occupational Therapists, Physical Therapists, Speech/Language Pathologists, teachers, special educators, and a wide variety of private practice clinicians have attended our courses to gain new treatment tools and techniques. Therapeutic Listening protocols can be implemented in homes, schools, and clinics for individuals of all ages. It's a wonderful addition to your therapy "tool-box."



Provider Directory–

Our website features a directory of trained Therapeutic Listening™ Therapists to assist parents/caregivers in locating a trained specialist and also for therapists looking to network with others trained in their community.

Therapist Zone–

Inside the Therapist Zone we have our support policy and outline support form that trained therapists can use for questions regarding treatment. There are also supplemental materials including information on new CDs and treatment guidelines.

Therapeutic Listening™: A Neurological Perspective

For over a hundred years, the neuroscience community has known that sensory-motor integration is one of the most powerful principles of Central Nervous System organization. Many years of intensive research and several Nobel Prizes in Physiology & Medicine have made it patently clear that sensory-motor integration in the brainstem organizes all aspects of the CNS for effective, efficient processing of sensory-motor information. A. Jean Ayres combined this vast array of scientific information with her wide OT clinical experience and intuition to develop her Theory of Sensory Integration. Ultimately, from her theory, Ayres began the development of principles of treatment that have become known as Sensory Integration Treatment. Both the theory and the treatment approach capitalize on the major roles that the somatosensory (tactile), somatomotor, and vestibular systems play in organizing the CNS for modulation, motivation, emotion, attention, learning, memory, etc.

The Listening With the Whole Body treatment approach builds on all of the scientific knowledge about sensory-motor integration as CNS organizer and on the considerable clinical wisdom and correlations that Ayres studied and practiced. To this power of the CNS to organize sensory-motor information for meaningful function, Listening With the Whole Body adds the power of music to the sensory-motor integration "equation". This addition of music ties brainstem integration together with limbic system integration through sequencing, timing, and rhythmicity of CNS function and organization, resulting in more organized and functional behavior outcomes. The addition of the auditory system to this treatment equation provides the considerable and unique power of uniting brainstem, limbic system, and cerebral cortex in the support of the development and emergence of higher cortical and cognitive function.

Steven J. Cool, PhD, FAAO

Vital Links Instructors

Sheila M. Frick, OTR is an internationally esteemed clinician, lecturer, and pioneer in Occupational Therapy. She has over 20 years clinical experience, having worked in psychiatry, rehabilitation and home health before specializing in pediatrics. She



is well known in the field of Sensory Integration, lecturing on such topics as clinical neurology, respiration, the auditory/vestibular system and auditory interventions. In 1994 Sheila was honored with the Wisconsin Occupational Therapy Association's Award of Excellence for Clinical Practice. She is a Board Member of the Society of Auditory Intervention Techniques. She is the

author of *Listening With the Whole Body* and co-author of *M.O.R.E.: Integrating the Mouth with Sensory and Postural Functions*, *Out of the Mouths of Babes*, and *Core Concepts in Action*.

Utilizing the training and techniques in her repertoire, Sheila developed a comprehensive system of auditory interventions combining various sensory integrative treatment techniques and emphasizing postural respiratory strategies. She coined and trademarked her system with the name Therapeutic Listening. She has taught this technique to more than 3,000 therapists in the United States and throughout the world.

Lynette Burke, OTR completed her training in Occupational Therapy in 1984 after graduating with a degree in Psychology/Child Development in 1981. Since 1984 she has practiced continuously, both treating and consulting in a variety of pediatric settings including Early Intervention programs, private schools and private practice. She has extensive training in sensory integration and auditory interventions and years of experience in sensory processing theory and treatment.



Lynette has lectured to various parent groups and professionals on topics related to sensory integration and interventions. Currently, she is co-owner of Advanced Pediatric Therapies, a private pediatric practice in Portland, Oregon.

Eileen Hamele, MS/CCC-SLP has practiced in a variety of settings, including nursing homes, sheltered workshops, birth-to-three programs, and private practice during her 15 years as a Speech and Language Pathologist. She has extensive background in oral-motor techniques and respiration and a strong practical background integrating speech therapy with sensory processing theory and treatment. Eileen received both her BS and MS in Communication Disorders from the University of Wisconsin. She is in private practice in Madison WI.



Mary Kawar, MS, OTR has a specialized OT program for children and adults with developmental and learning issues which she has implemented in private practice at Kawar and Associates in San Diego for the past 17 years. Mary uses innovative therapeutic devices and creative techniques to keep her treatments inviting, functional, and successful. She was Director of Occupational Therapy for 18 years at Children's Hospital in San Diego. Mary lectures throughout the United States on sensory integration and motor control issues. She and Sheila Frick have been teaching together for several years. Mary is co-author of *Core Concepts in Action*.



Sharron Donnelly has her masters in Occupational Therapy from Washington University School of Medicine in St. Louis and has worked in a variety of settings including early interventions, schools & private practice. She is certified in the administration of the Sensory Integration and Praxis Test & has experience with AIT, the Interactive Metronome and the LiFT. Sharron has worked with Lynette Burke for 6 years and is currently co-owner of Advanced Pediatric Therapies in Portland, Oregon.

Steven J. Cool, Ph.D., FAAO is a developmental neurobiologist on the Occupational Therapy and School of Optometry faculties at Pacific University in Oregon. He has published and lectured extensively on topics related to the neurology of belief, the visual system and neuro-rehabilitation.



Scott Anderson began studying yoga in 1985, eventually studying the Iyengar tradition and Ashtanga Yoga. He received his teaching credentials from Ramanand Patel, a senior Iyengar teacher. Scott has explored the relationship between precision alignment and the subtle power of breath, movement, and the bandhas. He has taught several thousand yoga classes to untold thousands of students. His formal education further supports the study of yoga- an undergraduate degree in Physics with graduate work in biomechanics. His yoga studies remain grounded in the paradigm of Western science and medical knowledge.

Workshops Descriptions

Listening With the Whole Body

This workshop presents a very specific entry-level protocol for using Therapeutic Listening™ techniques. Discussion includes the historical development of listening techniques, anatomy & neurophysiology of listening, and the theoretical rationale for using Therapeutic Listening. Assessment strategies for identifying listening needs will be described. Specific protocols and guidelines to meet individual needs will be shared. Using listening techniques in conjunction with postural and respiratory-based treatment and sensory diet options will be demonstrated and explored. The functional relevancy of music and modified music will be emphasized. Videotaped case examples of individuals of various ages and across a number of special populations with listening difficulties will be used throughout to illustrate points and strategies. The tools and materials used in this course will be most helpful for those therapists who work with children and/or adults with sensory processing and sensory modulation dysfunction. Professionals will receive entry-level certification in Therapeutic Listening, allowing them to set up programs for clients in homes, schools, and clinics. Faculty: *Sheila M. Frick, OTR, Lynette Burke, OTR, Sharron Donnelly, MS/OTR and/or Eileen Hamele, MS/CCC-SLP.*

Advanced Listening With the Whole Body

This workshop is for the therapist with experience implementing Therapeutic Listening techniques. It provides an in-depth look at the therapeutic applications of music, focusing on strengthening the clinical reasoning strategies behind protocol selection and individualization. We'll delve into the characteristics and differences of a variety of prevalent sound therapies to help you navigate auditory intervention techniques and locate the best match for each of your clients. New clinical tools (new CDs!) and techniques that aim to refine skills accessed through the auditory/vestibular systems will be presented in tandem with carefully designed programs to support emergent skill across multiple domains. A specific program to support core development will be taught. Very precise postural and respiratory techniques, as well as using the voice for self-regulation will be demonstrated and practiced through hands-on lab experiences. It will complement listening programs and allow further access to higher level skills within postural/respiratory control, bilateral motor coordination, and auditory & visual perception. For maximum benefit to the participant, prior attendance at either Listening With the Whole Body or Treatment Perspectives for Sensory Modulation Disorders is required. It is recommended that each participant h a v e implemented a Therapeutic Listening program, practicing for at least six months, with a clientele of at least 10. Faculty: *Sheila M. Frick, OTR, and Mary Kawar, MS/OTR.*

SAMONAS Entry

This workshop presents entry-level Samonas Sound Therapy. Participants will learn how to incorporate Samonas selections into Therapeutic Listening™ protocols for effective auditory interventions. The elements of musical composition will be discussed as well as the special recording process unique to Samonas. Prior attendance at either Listening With the Whole Body or Treatment Perspectives for Sensory Modulation Disorders is mandatory. Faculty: *Sheila M. Frick, OTR.*

Listening With the Whole Body: A Neurobiological and Neurochemical Perspective

This one-day workshop explores auditory/vestibular function through neurobiological, neurochemical and psycho-neuro-immunological windows. Familiarity with this information affords powerful clinical reasoning strategies for integrating "primitive" brainstem survival functions with "intermediate" limbic system functions and "higher" cognitive functions. The anatomy, biochemistry and developmental sequences that underlie these connections will be investigated from the perspective of neuroscience, clinical application and personal experience. This day will provide participants with a solid foundation of brain-behavior relationships underlying the use of listening in clinical practice. Faculty: *Steven J. Cool, Ph.D, FAAO*

Merging Concepts for Yoga and Sensory Integrative Theory and Practice

This lecture and lab-based workshop will explore the connection between ancient theories of yoga and sensory integrative theory & practice. Hatha yoga and specific controlled sensory input will be combined to create a unique treatment approach for children and adults with sensory processing and motor control dysfunction. Specific hands-on techniques that facilitate efficient sensory processing, postural control, and respiratory support will be taught for increased possibilities in self-regulation, perception, and functional movement patterns. Faculty: *Sheila M. Frick, OTR and Scott Anderson.*

