

WHO CAN BENEFIT FROM AUDITORY TRAINING?

Age: from 3 years onwards – up to all ages

- Developmental delay – in general
- Delay in speech development
- Problems with speech
- Learning difficulties and dyslexia
- Attention Deficit Disorder with or without Hyperactivity
- Auditory processing disorder
- Sound sensitivity
- Autism Spectrum
- Down Syndrome
- Mental disabilities of varying causes

HOW CAN ONE RECOGNISE AUDITORY PROCESSING DIFFICULTIES?

- Does not listen
- often asks „what“
- Difficulties remembering instructions
- Appears absent minded, daydreaming
- Difficulties concentrating and short attention span
- Slow in comprehending
- Easily distracted or upset by noise
- Tires easily during learning
- No speech or speech is difficult to understand, difficulties in articulation, in talking fluently and in repeating stories



WHAT RESULTS CAN ONE EXPECT FROM AUDITORY TRAINING?

- Improved communication
- Improved comprehension and responsiveness
- Increased awareness
- Increased attention and ability to learn
- Improved social interaction
- Reduced sound sensitivity
- Reduced irritability; fewer tantrums
- Increased calmness; less hyperactivity
- Reduced behaviour problems

Generally speaking one can understand an Auditory Training as a developmental leap outside the normal range of ordinary development. This may go along with all the usual ups and downs that ordinary developmental processes entail.

Typically the whole process lasts 4-6 months. During that time I am available by telephone for the parents.

Throughout all my years in practice I have witnessed again and again that an improvement in auditory processing makes life much easier for the child and its family. It provides access to the child's own potential which in turn opens up a new world for them.

It is very satisfying to experience how these children then become more courageous, self confident and happier in themselves.



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This website is currently being translated into English

AUDITORY TRAINING

VARIOUS METHODS

Aims to enhance your child's development, its concentration and social interactions



Offered by

Katja Kersten





KATJA KERSTEN

In 1993, at crossroads in my life, I was by chance introduced to Dr. Guy Bérard's work.

Impressed by his book „Hearing equals Behaviour“ as well as Annabel Stehli's book „The Sound of a Miracle“ I trained and qualified in London as a practitioner in this field.

In 1995 my supervisor and I were invited to Austria for a 10 day Auditory Integration Training course with mainly autistic and developmentally delayed children.

The encouraging results of this course led to a succession of further invitations to carry out AIT courses throughout Austria, mainly from Autistic Societies and therapy centres as well as special education schools.

In 1999 I became self employed and have since been certified in additional methods in this field,

Over the years I began combining and adapting these methods, thus creating more individualised programmes for each client.

Today I look back on 22 years of experience in auditory stimulation, assisting well over 2000 children in individual sessions.

My aim during that time has always been to see every child in its uniqueness and to focus on and encourage its talents and strengths.

The saying that we should give children two things for their lives, namely roots and wings, keeps guiding me on this exciting and heart opening journey with them...

OUR SENSES

We perceive the world through our senses.

At every moment we are bombarded by a wealth of sensory stimuli.

These sensations have to be perceived, assimilated and organised by our brain.

Among our senses the ear plays a significant role.

In ancient times it was important for our survival – it served us 24/7/warning us of impending danger.

Today we live in primarily visual times. The ability to truly listen is gradually diminishing.

Increasingly and at an alarming early age children are diagnosed with auditory processing disorders.

Even though they appear to have normal hearing, they have difficulties with the active process of listening as well as with the understanding and the remembering of what is being said. All this can later result in difficulties in learning, communication, behaviour and in social skills.



WHAT IS AUDITORY TRAINING?

Clients receive electronically altered music via headphones.

Depending on the method the applied music may be classical or old fashioned pop music (for example Bob Marley). Through a computer programme this music is adapted through what is called audio bursting which produces neural stimuli.

To be able to imagine that such a procedure can produce results, it helps to remember that the complex process of hearing and of understanding of what is being heard happens in the brain.



The ear receives and conducts sound waves and converts them into electrical stimuli but the actual comprehending of speech and music happens via the auditory system's complex neural network in the brain.

In order to be able to perceive music as such, many parts in the brain have to become active.

However, with the specially prepared music these areas receive additional and increased stimuli.

Brain research has found: If you increase the input to the brain you increase the neural structure. If you decrease input, you decrease structure.

THE FOLLOWING METHODS ARE OFFERED

- *Auditory Integration Training (AIT)* – originally developed by Dr. Guy Bérard and later adapted and expanded on in the USA by Bill Clark.
- *Auditory Integration Training extended through bone conduction* – an AIT- follow up and more intense version that I developed over the years
- *The Listening Programme (TLP)* – a home based method developed by Advanced Brain Technologies, USA, derived of the principles of Prof. Alfred Tomatis' work.
- *SAMONAS Sound Therapy* – also a home based method developed by the German physicist Ingo Steinbach

Both AIT methods are offered in clinic over a 10 day period with two daily sessions of 25-30 minutes each.

Typically, there will be a 2 day pause after 5 days of listening.

The sessions take place in a cosy and playful ambience with only the child and its mother together with me in the room. Mothers receive music for relaxation.

Both home based training methods are accompanied by weekly calls over a period of typically 8-10 weeks.

Depending on the individual need, these methods can be combined.