



I. Introduction

Learning is a vital part of growth. It demands complex processes of our abilities to fulfill daily tasks. However, difficulties such as Auditory Processing Disorder can be a threat to the development of a learner whether in class or at home.

For someone with APD, his/her brain does not process (i.e. perceive, analyse, understand etc.) what he/she hears. APD is not linked to impaired hearing or hearing loss at all nor poor intelligence, but APD is a dysfunction in listening (an active ear-brain skill) in varying degrees. Meaning, the learner's listening ability is either underdeveloped or inoperative.

In turn, classroom exercises and homework exhaust and frustrate them so much to the extent they become disruptive in class (i.e. loud and rowdy behaviour, aggressiveness, irritability, etc.)

Dr. Alfred Tomatis, a French ENT specialist, discovered that changes in the listening pattern paved the way to significant improvements in learning abilities and emotional responses. He established an ear-brain training program to accommodate young learners' needs in school and at home.

II. Case presentation

Tina, a 10-year-old girl, struggled with retaining vocabulary, memorising spelling lists and completing problem-solving activities at school, despite being very good at maths and logical reasoning problems.

Her mother fought to understand how to support Tina's learning at home, but little seemed to help Tina achieve the marks she was capable of on mathematical and logical reasoning tests. Additionally, she was very shy and had difficulty socialising with her peers.

Tina's mother had her assessed and the results showed that she had difficulties with auditory processing and was emotionally immature.



III. Management and Outcome

After Tina completed her first Tomatis® Home-based Program of 30 hours, her mother reported that her concentration, memory, and spelling greatly improved. Her teachers were impressed with her positive changes as she also became more confident in class.

After her second 30-hour program, she was placed in an 'extensive class'. From having an average grade level, she became part of the top 20% in English and the top 1% in maths for QLD. Her writing was quicker and neater using her right-hand.

Tina had a follow-up assessment and the feedback from her and her parents demonstrated that she had been able to achieve better academic and social skills as a result of the Tomatis® Home Based Programs.

Tina reported having won the Bronze Medallion for her school work for the whole year. She had also received the highest honours for IT out of 123 students. Additionally, she had just been selected to shoot a TV program for kids on the Channel 9 network.

Tina's lack of auditory processing was holding her back from excelling and expressing all her potential. When her brain and ears were able to communicate properly, she started to blossom and shine.

The Science Behind It!

The Tomatis® listening training is based on several concepts about how the human being develops, processes information, communicates with self and others and, finally, learns. The listening training enables the individual to regain skills of analysis, concentration, and communication.

Indeed, thanks to a set of pedagogical tools, the listening training simultaneously works on three core functions of the ear, namely hearing, balance and energy.



Becoming the Cream of the Crop A Case Study on Auditory Processing Disorder and the Tomatis® Method

Considering the fundamental role of sensory influence in human function, the Tomatis® ear training facilitates:

- Language and communication;
- Learning processes;
- Personal and behavioral development;
- Balance and muscle tone
- Work on the body, posture, and voice.

As for Tina, the improvements of her overall academic performance justify the efficacy of the Tomatis® Method on learning difficulties. From being a young learner with memory problems and poor emotional regulation, Tina transformed into one of the creams of the crop in the country! For more information, visit www.tomatis.com.au!

Françoise Nicoloff is a registered psychologist and an International Tomatis® Consultant and Trainer. Françoise has worked for nearly four decades around the world with children and adults suffering from anxiety, depression, learning and communication difficulties. Françoise is often invited to speak at conferences. She is passionate about helping those people especially when their difficulties are linked to auditory processing which means that their brains do not hear what their ears are hearing. She has chosen to be based in Sydney and she travels within Australia and around the world. Recently, she has been asked to support families and professionals in China too. She can be contacted on 1800 677 010 or by email at info@tomatis.com.au.

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