



FEEL THE VIBRATIONS WITH THE TOMATIS® METHOD

Sound is a vibration! When it travels through the air, we use the term air conduction. **Sound travels even better through the bones of the body: this is called bone conduction.**

Cover your ears and speak normally. You hear your voice perfectly clearly because it travels mainly through the bones of the skull. Speak louder and you can feel your whole body vibrate.

During the TOMATIS® listening sessions, music is transmitted through headphones equipped for air and bone conduction. The music therefore reaches the auditory canal through the headphones placed on each ear and through a vibration at the top of the skull.

With a specific setting applied, the sound transmits first through the bones of the skull. As a result, the auditory system naturally prepares itself to receive the sound through the air channel. **This dual transmission of the sound in two times will therefore educate the brain to correctly analyze the sensory sound message.**

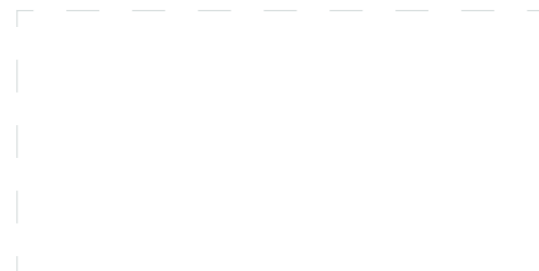
YOUR TOMATIS® PROFESSIONAL

Only professionals listed on the site www.tomatis.com are authorized by the company TOMATIS DEVELOPPEMENT S.A. to practice the TOMATIS® Method.

They complete initial and continuing specialized training, use perfectly calibrated and adapted professional equipment and are bound by agreement to comply with strict standards of practice and ethics.



To find a course fully adapted to your needs, we invite you to learn more about the therapeutic and educational specialty of the TOMATIS® professional you wish to contact.



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The Tomatis® Method is a pedagogical method that cannot be considered as a medical treatment, nor as a means of establishing a medical diagnosis. The contents of this brochure are for information purposes only.

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THE TOMATIS® METHOD A SENSORINEURAL AUDITORY STIMULATION



A PERSON CAN HEAR WELL AND LISTEN BADLY

"Are you reading this brochure carefully?" Yes? Then you can't hear the sounds around you! In fact, you can hear them perfectly well but you are not paying attention to them!

It is because you are able to filter out extraneous sounds and concentrate only on relevant sounds. It may appear quite simple, yet this is **a high level cognitive skill that implies the ability to manage one's emotions.**

We say that listening is disrupted when an individual fails to correctly analyze the sensory message that his or her ear perceives. This is the case, for example, when you are unable to focus properly on the voice of the person speaking to you, although you hear them correctly.

This dysfunction can result from many causes both physiological and psychological.

The TOMATIS® Method is a pedagogical method that helps you listen better... not hear better.

YOUR EAR STIMULATES YOUR BRAIN

Did you know that what the brain needs most is stimulation? And that over 80% of this stimulation comes from your ear? **Whether you're awake or asleep, your ear is constantly bombarding your brain with stimuli.** From the fourth month of pregnancy, the fetus' ear is the first fully functional organ. **The ear not only receives sound but also determines your balance, rhythm and coordination.** Try covering an ear while walking and you will see that you suffer significant loss of balance.

When your listening is challenged, the auditory system, which is a powerful sensory integrator, is disrupted. This disruption can have major repercussions for your personal development and well-being. By working on the reception and integration of sound through your ears, the TOMATIS® Method helps you stimulate your brain effectively and minimize listening challenges.

SURPRISE YOURSELF WITH THE TOMATIS® METHOD

When your listening is interrupted, your brain stops paying attention to the sounds that the ear transmits. It is therefore necessary to capture the brain's attention. It happens that the brain is very sensitive to sudden changes that it cannot anticipate. So, while you would ignore the next door neighbor's dog barking for the hundredth time, you would jump if the dog suddenly uttered a single meow!

During the TOMATIS® listening sessions, **music is transmitted with sudden changes of tonal contrasts triggered by timbre and intensity.** These contrasts are totally unpredictable. Although painless, they will have the effect of surprising the brain, which, by natural reaction, will pay close attention. As a result of these repeated and unpredictable acoustic contrasts, the brain moves with determination into more listening clarity, improving overall listening.

In addition, these contrasts are designed to promote the transmission of high-pitched sounds. **These sounds activate the vast majority of the sensory cells sensitive to sound.** They therefore have a strong stimulating effect on the ear and brain, retraining the ear to receive clarity of sound and auditory processing.



FIELDS OF APPLICATION

The TOMATIS® Method is for children and adults of all ages. It is a complementary technique to professional therapies, teaching or coaching. It is a complement to the work of the therapist and teacher serving to multiply the effects of their work. Especially in the following areas.

LEARNING AND LANGUAGE DISORDERS

The TOMATIS® Method works with the plasticity of the neural pathways that decode and analyze sounds, as well as those of motor skills, balance and coordination. This Method can help children and adults **develop coping strategies** to deal with learning and language disorders.

ATTENTION DISORDERS

The TOMATIS® Method is based on the principle of transmitting contrasts in music designed to constantly surprise the brain. This keeps the brain stimulated. **The goal is to help the brain develop automatic mechanisms to detect change,** which serves to reinforce attention.

AFFECTIVE AND EMOTIONAL DISORDERS

The brain tends to protect itself naturally. Such as when the external environment is perceived as aggressive or after an emotional shock. **This brain response acts as a filter that disturbs the transmission and analysis of sensory messages.** This is an indirect action on the limbic system and the prefrontal cortex. Working with this action, the TOMATIS® Method contributes to the regulation of emotional disorders related to depression and anxiety.

MOTOR DISORDERS

Through its direct interaction with the vestibular nerve, the TOMATIS® Method stimulates the **regulation of muscle tone and following verticality.** This action improves laterality disorders. **The vestibular system plays an important role in the function of coordination and rhythm** in association with several other parts of the brain. As a result, the TOMATIS® Method can effectively improve and change rhythm and coordination.



PERVASIVE DEVELOPMENT DISORDERS (PDD)

The neural circuits connecting the ear to the brain contain specific neurons called "mirror neurons". These mirror neurons play an important role in the construction of social cognition. This is **the set of processes that enable us to attribute intentions and ideas to a person, and particularly understand his or her emotional state.** By acting on these neural circuits, the TOMATIS® Method improves the quality of interpersonal skills.

PERSONAL DEVELOPMENT AND WELL-BEING

Sounds rich in high harmonics stimulate a vast network of nerves called the "reticular formation". The reticular formation controls the overall level of brain activity. By emphasizing the transmission of **high-pitched sounds that both produce a stimulating effect on the brain and a relaxing effect on body,** the TOMATIS® Method brings about a positive effect on personal development and well-being.

IMPROVING THE VOICE AND MUSICALITY

The fundamental principle of the TOMATIS® Method is that **any influence on the mechanisms of reception and analysis of an acoustic message will affect the way in which this message is reproduced,** whether spoken, sung or emitted by a musical instrument.

PREPARATION FOR CHILDBIRTH

The mother's voice is perceived by the fetus. It constitutes a **kind of primary emotional acoustic matter that is foundational for a child's development.** It is therefore valuable that a child perceives a pleasant voice. The TOMATIS® Method Pregnancy Program moves with mothers throughout their pregnancies, particularly in the third trimester, stimulating bone conduction and reducing stress, and providing a relaxed body, mind and spirit for the mother and baby.

INTEGRATION OF FOREIGN LANGUAGES

The purpose of the TOMATIS® Method related to foreign language is to give anyone who wishes to learn a foreign **language the ability to hear the sounds necessary to learn another language. By opening ears to hear the rhythms and sounds of a new language, the Tomatis® Method enable the ear to efficiently adapt to the rhythms and sound and to analyze and reproduce them.** This work therefore frees one from the rhythmic patterns and sounds of one's own language where we are often stuck and unable to hear a new language. This exercise allows the ear to hear a new rhythm and the brain to learn a new language .

THE LISTENING PROGRAM

INITIAL CONSULTATION

The first interview is conducted at the practice of a TOMATIS® accredited professional. **During this interview, you do a psychopedagogical test adapted to your problem.**



It may be accompanied by a test to evaluate your listening called the TLTS. When available, this test serves to identify your listening potential and possible dysfunctions.

THE LISTENING SESSIONS

Working with specially designed devices, you listen to a program chosen by the TOMATIS® professional. **You can do this program in a center or from home using portable TalksUp® devices.**

The aim of TOMATIS® Method is to stimulate your ear and your brain. There is a series of listening sessions combined with rest phases. Rest phases are called "integration" phases, which ensure that individual progress is lasting. The duration and number of sessions will depend on the issue in question. **Generally, one listens 2 hours every day for an overall program of 60 to 90 hours.**

Your professional may suggest you do active sessions, provided he or she has received specific training for this purpose. These active sessions are reading, repetition or expression exercises during which your voice is instantaneously modified and transmitted according to the specific parameters of the TOMATIS® Effect.

You hear your voice corrected in real time and as a result unconsciously modulate it. This exercise is optional and not always recommended and is offered after completion of a program of passive listening.

THE END ASSESSMENT

After the listening sessions, you do an end assessment. This assessment serves to gauge progress and determine if other sessions are recommended.

The results obtained with the TOMATIS® Method are durable. It is therefore often unnecessary to extend sessions beyond the initial period. However, in some situations, it may be preferable to have additional listening sessions. You and your TOMATIS® professional assess this need as you move through your program.