Listening and Pregnancy

Listening difficulties can be related to difficulty to become pregnant or childbirth delivery. When the mother is stressed, she transmits to her pregnant child the entire panoply of affective and emotional states she experiences, both negative and positive. Hence, the Tomatis method have been used with pregnant women, helping to ease the pressure from pregnancy as well as improve the connection between mother and infant. The use of the Tomatis Method during pregnancy began in 1988 at the Maternity of the Vesoul under supervision of Dr. Klopfenstein and Marie Ouvrard. The results were so strongly in favor of the method that theTomatis Method has become part of the hospital's permanent practice.

Clinical Research Result

Dr. Penet and Dr. Madame Tjordma conducted another similar study in Hospital Foch de Suresnes. 223 women had a maternal program and Tomatis whereas 683 women had only the maternal program.Here below is the findings;

1. Less pain during birth, function of uterine is improved, back pain disappeared.
2. Mothers' dreams are peaceful and positive, mothers and babies are healthier and more calm, real-time link between mother and child are improved.
3. Better listening and more creative power

Testimony: Case 7

MY delivery process was very smooth, it only took two hours for my baby to be born. I am very thankful that I did not experience a lot of pain. MY son is very secure child with lots of curiosity. He is not afraid of meeting strangers and is an active member in our church.

Maggie

Testimony: Case 8

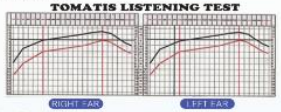
When I listened to NEP during my pregnancy, I can feel my baby's movement with the music especially when the volume was up. My baby is now a happy active one a half year old child who loves to laugh. She is very easy to take care as she can easily finish her bottle of milk with good digestion. She is a blessing to us, especially as a new parent.

A Mother

Under what circumstances, people's listening ability can be affected?

People's listening ability can be affected by a difficult pregnancy or birth, early childhood colds and illnesses, ear infection, accidents, very noisy environment or emotional trauma etc. For example, a child may be frightened by the yelling voice of the parents and tunes off the external voice and tunes in to his/her internal voice. Hence, abused children often develop complex personalities, as they tend to create their own internal voice to protect themselves from the abusive voice from outside.

The ideal curve:



Do I have listening problems? How do I know I need the program?

Most people have some degree of unfortunate negative past experiences throughout their lives. Hence most people in different degrees fail to achieve an ideal listening curve. The Tomatis listening test can provide a comprehensive assessment on your listening ability for both the ear and the bone reception. The analysis of the differences between the bone and ear conduction provide the information of how the brain relate to the information as well as whether one is using left or right ear dominance. The ability to distinguish between high and low pitches indicates the efficiency and accuracy to receive messages. Hence people with high selectivity errors for unidentified pitch easily lead to misunderstanding in communication. Hence, we suggest a pre-test and post-test which shows comparison before and after the treatment to indicate the change and the impact due to the treatment.

If you want to know more about your listening, please book an appointment 2881-8860 for the listening test and our Clinical Psychologist will provide the interpretation.

Can we change the functionality of the brain?

Yes, we can. The ability of the brain to change is known as neuroplasticity, or 'brain plasticity'. It is the brain's ability to reorganize itself by forming new neural connections throughout life. For example, if one hemisphere of the brain is damaged, the intact hemisphere may take over some of the damaged brain cells' functions by reorganizing and forming new connections between intact neurons. External stimulation to the intact neurons will enhance the formation of new connection. At a time when the idea of plasticity of the brain was in its infancy, Dr. Tomatis discovered that it was possible to improve the brain's capacity to process sound by using filtered music (i.e. music with certain frequency ranges removed or enhanced) and the sudden and random alteration to the pitch or tone of the music ('gating')

Why is clinical information on the Internet about the Tomatis Method inconsistent? There are also different similar products on the net, which one is the real development of Tomatis?

Though many music therapy/ listening programs claimed to have the "Tomatis effect", they are actually imitated by some of his followers. However, only the Tomatis "Electronic Ear" and the latest "Solisten" can bring out the real Tomatis Effect.

Tomatis aims to integrate the theory of hearing, neuropsychology, psychology and physics to provide complete therapy for learning difficulties, hyperactivity, inability to concentrate, depression, sensory integration dysfunction and other behavioral problems in children, youth and adults.

What music Tomatis had chosen, how is it different from the common music therapy?

In classical music, rhythm, harmony and melody are important criteria to achieve a mutual balance and syntheses. Dr. Tomatis chose Mozart music because his music achieved a high level of balance and syntheses in this arena. Hence, his music is not only well accepted and also able to create a good internal balance. In addition, Dr. Tomatis also chose Gregorian chants, a popular music originated in the Mediterranean region during the 6th century AD. The music does not follow the usual phonological rhythm. It is not the same rhythm of our heartbeat, rather as our breathing, it is like the waves in the sea; never the same rhythm. This music can comfort and ease the stress in the autonomic nervous system.

Lastly, Dr. Tomatis also adopted the mother voice because the maternal voice is perceived by the fetus, and thus constitutes a sort of primordial affective sound substance, which is absolutely important for the physical and psychic development of the child. The filtered mother's voice can release the pressure to differentiate different sound as well as stimulating the potential ear cells to enhance the nervous system of the ear so that the person can resume the full ear function before birth.

From the perspective of the inner ear, high-frequency sound gives a stronger stimulation to the nervous system as compared to the low-frequency sound. Only filtered high-frequency sound is more conducive to the brain stimulation and integration. With the help of the electronic device, the filtered frequency sound is transmitted through both the ear (air conduction) and vibrator at top of the head (bone conduction).

Why combine movement, listening and visual stimulation?

Movement, listening, and visual stimulation are vital to our ability to learn, pay attention, process information, and motor coordination. Through repeating the same movement, we gradually program the involuntary reflexive movements to become automatic.The cerebellum's role is important in that it uses coded information from the sensory systems of the spinal cord and the cerebral cortex by integrating these inputs into gross and fine motor activities such as balance and coordination. NEP stimulates cerebellar activity to strengthen neural connections and, in the process, improve the ability to read, and write.

What is the unique relationship between body balance and brain integration?

The vestibular system, the sensory system located in the inner ear, provides the leading contribution about movement, sense of balance and eye-hand co-ordination. In fact, brain exercises can enhance the spatial alertness. Imagine the kinds of difficulties we will encounter if we cannot pick up food or catch the ball. We might even have difficulty in reading, as we cannot see the space between words. In addition, abstract thinking and spatial skills are inter-related; abstract thinking originates from the imagination and imagination evolves from the organizational ability of the brain. Therefore, the integration of the left right brain can greatly improve dyslexia and other learning problems.

How will drawing help with the NEP?

Drawing is used as a tool to express our unconscious; it can reflect people's inner world, their behavior, values, and ideal goals. People tend to lower their defense on drawing. A simple drawing can convey messages more direct and better than many words.Also, drawing can enhance self-understanding, move from intangible to tangible and from abstract to concrete. The drawing will facilitate the expression of the feeling during the NEP as well as act as a map to the internal process and the unconscious mind.

Any negative effects may incur by the NEP?

There may be temporary side effects that may occur while one is listening to the program, one may experience some tension, headache, nauseas, emotional expression. However, this side effect will subside upon the completion of the program.

Why must NEP be done in 13 consecutive days but not once a week? Why does the patient have to rest between the first and second phrase?

The listening training, just like any physical training, is intensive training of muscles and nervous system. To change the brain's function, we have to transmit repeated information to the brain with sufficient distinctive rhythm within a certain period of time. Hence, the program divides into 3 phases: the first stage of program has to be consecutive for 13 days composing of 2 hours per day (26 hrs). Then the brain needs a break without any stimulation in order to develop and consolidate these changes to complete the reconstruction process with a break of 4-6 weeks in between. Then the second phrase of 13 days NEP will begin after the break. The third phase may also begin after another break if needed.

NEP can be arranged individually or in groups either at our office or at home.

The cost of the program does not include the listening test and interpretation of drawing.

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