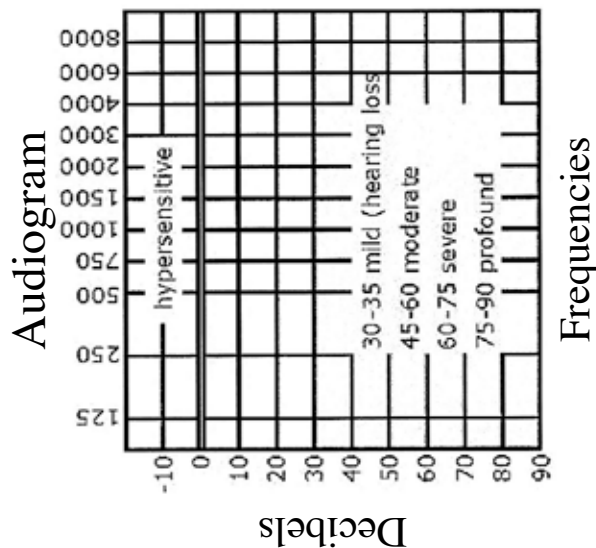


In retraining the stapedius muscle it maximizes the quality of the acoustic information received by the central nervous system.



WORKING SINCE 1975 IN THE FIELD OF EDUCATION

### Suzanne Day

#### Presently:

- Neuropsychoeuducational Consultant (Member of the Ontario Association of Consultants (OACCPP))
- Neurotherapist certified in Neurofeedback/EEG with the BCIA (Biofeedback Certification International Alliance)
- Certified provider of Auditory Integration Training with Filtered Sound Training developed by Rosalie Seymour, Audiologist
- Neuropsych in Quebec



#### Past:

- Master of Arts in Psych.
- Psychoeducational Consultant (Québec School Board)
- Speaker at the Third International Conference on Dyslexia in Canada (Fall 2000), and at Destination Success (Winter 2001), a National Conference on Learning Disabilities in Post Secondary Education
- Speaker at different provincial conferences over the past 15 years



#### Suzanne has been:

- Director of a summer camp for socially challenged children
- Teacher at the elementary, intermediate, secondary, and college level
- Principal at the intermediate and secondary level
- Trained with a neuro-developmental model (evaluation and designing of individualized programs), and has received in-depth training in Dyslexia (evaluation and teaching)
- Trained by the Thompsons from the ADD Centre in the use of the Biofeedback and Neurofeedback
- Trained with the Othmers: Infra Low Frequency
- Guest speakers at different conferences in Canada
- Guest on T.V. shows regarding Dyslexia.

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# AUDITORY INTEGRATION TRAINING



*For Children, Adults & Seniors*

**ADHD - Dyslexia  
Depression - Tinnitus  
Autism Spectrum  
Language Inefficiency  
Hypersensitivity to Sound**

*“Hypersensitivity, distortions and delays in the auditory signal contribute to inefficient learning, concentration and with the inability to remain alert and calm.”*

*Dr. Guy Bérard*

May 2014

# AUDITORY INTEGRATION

## CHECKLIST

- Ringing in ear or tinnitus
- Easily distracted by other sounds
- Intolerant of background noise
- Distressed by loud, sudden or high-pitched noises
- Sensitive to sounds that don't bother others
- Covers ears regularly
- Confuses similar sounding words
- Has difficulty reading aloud
- Difficulty speaking and articulating clearly
- Difficulty following sequential instructions
- Short attention span
- Cannot tune out background noise
- Frequent need of repetition in order to understand / hear instructions / remarks
- Misinterprets questions
- Difficulty sounding out words
- Day-dreaming
- Difficulty with time concepts
- Dislikes crowded and noisy environments
- Low tolerance of noisy household appliances
- Talks louder than background noise
- Likes the TV louder than normal
- Overreacts to loud noises.

## OBSERVED BENEFITS

- Calmer overall behaviour
- Appropriate voice volume
- Improved socialization skills
- Improved ability to focus and concentrate
- Improved language comprehension
- Improved ability to function with background noise
- Improved sensory processing
- Improved speech, eye contact, and self-esteem
- Reduced hyperactivity and distractibility
- Reduced noise (or Tinnitus) in the ear
- Less irritability and less lethargy

# AUDITORY TRAINING

AIT (Auditory Integration Training) retrains a disorganized auditory system by strengthening the weak acoustic reflex muscles. Dr. Stephen W. Porges explains "The polyvagal theory... engaging the middle ear muscles...enabling the individual to be more spontaneously social." AIT retrains not only the ear but the vestibular system, promoting brain development thus improving behaviour and socialization.

## Tree Of Sound Therapies



<u>Brain</u>	<u>Tree</u>	<u>Skills</u>	<u>Programs</u>
Cortex	Leaves	Memory	Fast ForWord
Mid-brain	Trunk	Listening	Tomatis
Brainstem	Root	Hearing	AIT - Bérard

## PROCEDURE

Following an auditory assessment, an individual protocol is designed to address hyperacute frequencies and/or auditory distortion. Randomly filtered and electronically modulated music is played through high-quality stereo headphones. The Auditory Integration Training protocol consists of two 30 minute sessions per day for ten days.

# AIT TESTIMONIALS

"He understands what we say to him a lot more now and will follow simple instructions. At play-group he has started to say a few words and will sit still with the other children at story time. Also he is sleeping better at night."

"It's been a little over a year since our son completed Berard's AIT. He is now in the 6th grade. Aside from some teasing at the very beginning of the school year, 6th grade has been a huge success...He has been getting off the bus smiling. His grades are wonderful, nearly all A's. He has not left a single class this year out of frustration or panic. We are so proud of his hard work."

"He was an adult man who stuttered. About 14 months after he completed AIT, I received an invitation to his wedding and a big thank you card. He said his stuttering had almost disappeared. He had become more confident and was not afraid to speak in public anymore. At his wedding he gave the most amazing speech to 600 guests."

My daughter was at the 9th percentile in auditory processing. After doing the AIT her speech improved with more clarity (nasal monotone speech disappeared). There is a decrease in anxiety with a greater ability to handle auditory commotion around her. She is reading and writing more and does not fall asleep anymore in the afternoon. No more complaints of headaches, and smell sensitivities have disappeared. Previously, she was unable to handle any tight clothing. Four months later her ability to complete more complicated requests has improved.

My 10-year-old child stated after a couple of days into the AIT therapy, "The buzzing sound is gone!" There has not been an earache since, and now enjoys being cuddled. School work is easier for him and he gets more done; his reading and writing has improved. There has been a great decrease in anxiety, and he stays awake through the afternoon.

"The point is that auditory hypersensitivities are now treatable... increasing facial affect."  
Dr. Steve W. Porges, author of The Polyvagal Theory, Neurophysiological Foundations of Emotions, Attachment, Communication, Self-Regulation (2011)