

Tomatis® Method: A Multi-Sensory Approach to Auditory Processing Disorder Treatments

The Tomatis® Method is a rather known APD treatment program. Developed by Dr. Alfred Tomatis, in the 1950's, who was a French doctor of ENT, it uses that theory saying that the bones of the middle ear play one of the most significant roles in listening, hence understanding the sounds.

Overall, it is an excellent option especially for such people looking out for treatments that could address different symptoms.



Sound Stimulation for Improved Processing

The Tomatis® Method basically works on the principle of sound stimulation. It utilizes special music that has been filtered to help the muscles in the middle ear. This is helpful for people to enhance how they process and understand sounds. The training is basically designed to make it easier to hear and understand speech sounds, which helps with understanding language better.

Strengthening the Ear-Brain Connection

The Tomatis® Method, through ear-brain integration, insists on the intrinsic link that exists between the ear and the brain. By contracting the middle ear muscles, the method stimulates efficient conduction of sound both through the bone and air conduction.

The strengthening of ear-brain integration has been key in improving auditory processing thus enhancing sound interpretation and comprehension.

Customised Therapeutic Sessions

The most important part of this approach is that it focuses on every individual. It feels that every person suffering from APD is unique, and therefore therapy sessions are constructed based on minute tests of a person's listening ability and general health. This way, help provided meets the requirements of individual persons.

A Multi-Sensory Approach

The Tomatis Method is multi-sensory. It works on auditory skills and also aids in body awareness, coordination, and sensory integration. It is applied using sight, touch, and sound to enhance the general sensory processing of the child, which further improves hearing function and understanding.

Proven Positive Outcomes

This research study has proven that the Tomatis method is effective. In the International Journal of Listening, an exercise using this method proved that this treatment improved the language and speech understanding of APD children. This proves that it is one of the most effective treatments for a child who suffers from auditory processing disorder.

For reliable auditory processing disorder treatments, the Tomatis® Method is a scientifically supported, individualised treatment given with multi-sensory inputs.

For finding more information on [auditory processing disorder treatments](#) call the Tomatis® Method in Australia today.