

The Listening Program®

SUMMARY

There is a new peer-reviewed article on the effectiveness of The Listening Program® published in the journal *Occupational Therapy International* Volume 16 Issue 1, Pages 25-43, 2009.

This purpose of this single-subject case design was to explore the efficacy of using The Listening Program (TLP) method to improve overall sensory processing, and receptive/expressive language skills in a child diagnosed with pervasive developmental disorder-not otherwise specified (PDD-NOS).

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A case study of a five-year-old child with pervasive developmental disorder-not otherwise specified using sound-based interventions

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ABSTRACT: The aim of this study was to determine the efficacy of The Listening Program (TLP) in treating a child with pervasive developmental disorder-not otherwise specified (PDD-NOS). Using a single-subject case study design, one child with PDD-NOS was administered a 20-week TLP intervention focused on improving sensory processing and language function. Data collection included pre- and post-evaluations using video footage, and Sensory Profile and Listening Checklist questionnaires. Results of the study indicated improved behaviour and sensory tolerance in the post-intervention video footage, including active participation in singing and movements to song. Sensory Profile and Listening Checklist questionnaires indicated significant improvements in sensory processing, receptive/expressive listening and language, motor skills, and behavioural/social adjustment at the post-intervention assessment. Although small in scope, this study highlights the need for continued research by occupational therapists into sound-based interventions. Particularly, occupational therapists need to perform larger-scale studies utilizing TLP to verify the efficacy of this alternative treatment method. Copyright © 2009 John Wiley & Sons, Ltd.

Key words: autism, case study, developmental disability, pediatric occupational therapy, The Listening Program

Introduction

Over the years, people have used music in various forms in an attempt to increase socialization and aid in healing in people with autism spectrum

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Quotes from Nwora and Gee*

“He demonstrated increased eye contact with his teacher/music leader, caregivers (smiling and waving) and improved interaction with peers.”
“On the post-intervention Listening Checklist, John showed improvement in every receptive area that previously had a deficit.” (p.33)

“Following intervention, John no longer demonstrated poor posture, atypical drive for touch, messy handwriting or difficulty with organization/structure. In the behavioral and social adjustment area, John no longer demonstrated low frustration tolerance, difficulty with time/punctuality, difficulty making judgments, and generalizing to new situations, lack of tactfulness or inability to tolerate stress.” ***“Results of the Sensory Profile section summary also indicate marked improvements in function from pre- to post-intervention.”*** (p.34)

To view the abstract or to download the full article:

<http://www3.interscience.wiley.com/journal/122205224/abstract>

Information on The Listening Program is available at: www.advancedbrain.com

* Amy J Nwora, Bryan M Gee (2009). A case study of a five-year-old child with pervasive developmental disorder-not otherwise specified using sound based interventions. *Occupational Therapy International*, 16 (1). 25-43.