



Welcome to the Tomatis Listening program.

Please read this booklet carefully before starting.



Please look after the equipment

Please note that the equipment you have in your possession is of a high value. Replacement for a New Talksup is \$4400.00AU and the headsets are approximately \$500.00AU.

We understand that accidents happen but we also entrust that you will look after it as best you can.

Because it is technology and sometimes there are problems – for example – battery or screen failure.

It is important that you let us know as soon as possible and we will do our best to rectify the situation or offer a replacement.



CONGRATULATIONS ON GETTING STARTED.

- Operating the program at home may seem a little daunting to begin with so we have put together a simple operating manual to help give more knowledge on how best to implement the listening and operate the equipment.
- We are all products of our genetics, lifestyle, thought patterns and life experiences. Your program is designed specifically for you and or your child.
- It is a special time to relax and enjoy time out.
- By receiving this welcome book you are agreeing to our policies and recommendations. And will follow the guidelines to the best of your abilities.



3 Basic functions of the ear.

BALANCE



HEARING

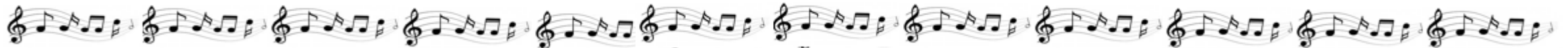


REVITALIZATION



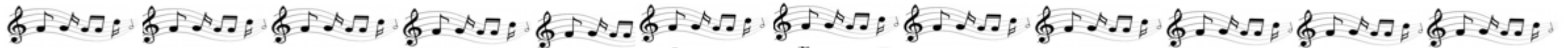
Important bits of information.

- Please limit eating and chewing food or gum whilst the headphones are on as this hinders the capacity of the ears for listening.
- Limit the consumption of sugary food/drink and junk food whilst on the program. Water is the drink of choice.
- Posture is also important while listening. We put the ears into the listening position for best outcomes.
- We strongly encourage feedback and good communication though out. Please take time to write down even the briefest notes in the daily feedback sheet. If its easier – text or email or call – 0423 831 866
- Your daily listening hours will be explained according to your needs and may vary from one intensive to the next. Never more than 80 minutes per day.
- Listening can be done in two blocks during the day 50/50. Not too close to bed time if sleep is of concern to you.
- It is illegal to listen to the headphones whilst driving.
- **PLEASE DO NOT CHARGE THE TALKSUP IN A COMPUTER PORT. IT NEEDS THE WALL CHARGER.**



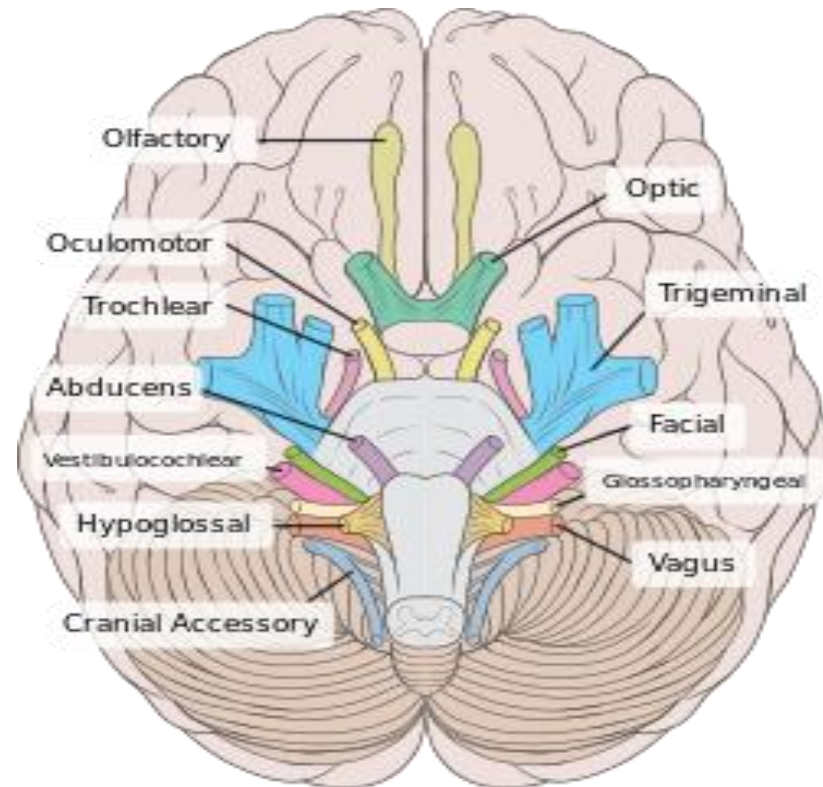
SCREENS WHILE LISTENING

- We advise against the use of screens while listening. The brain is stimulated through the ears by the Tomatis action. The brain is also stimulated visually by a screen and we cannot control how much is too much and if the brain is able to suppress the power of Tomatis in favour of the visual stimulation and cognitive over drive the effect will be diminished.
- There is a real risk that one will go into auditory shutdown in favour of cognitive and visual stimulation.
- Even though the listener will be receiving the effect from the Tomatis gating for best outcomes it is advised to avoid all screens if possible.
- Please note in the next slide the many neural connections between EAR and EYE.



Neural connections of the ear to the brain and body.

2nd (optic nerve) 3rd (oculo- motor nerve) 4th trochlear nerve, motor superior oblique nerve of the eye)
5th Trigeminal nerve (sensation in face) 6th Abducens, lateral rectus muscle movement of the eye, 7th
Facial nerve, expression and taste, 10th Vagus nerve 11th spino- accessory (muscles of neck and shoulder
via 8th Vestibular- Cochlear nerve.

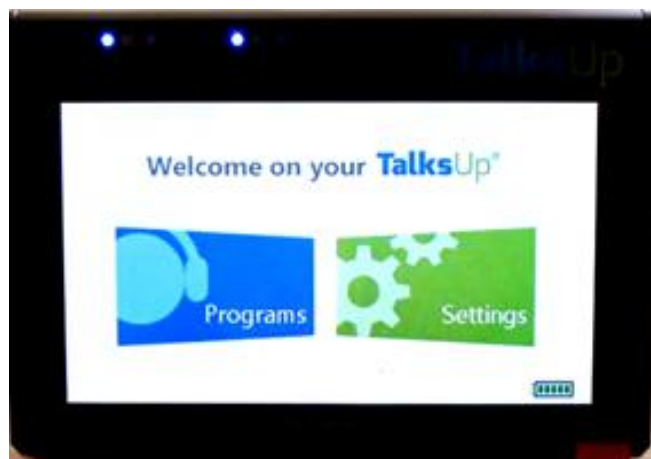


Getting started.



On/off on left side of TalksUp. Choose your program Touch play and it will count down.

Each day has 4 tracks and the device will play through to the end of track four and stop automatically.



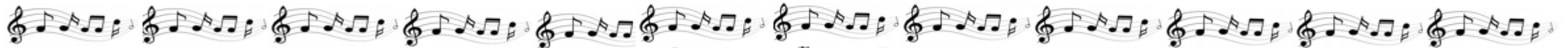
Points to remember.

- If using a blue tooth connector plug the short jack into the outside hole and connect the blue tooth.
- If using wired headset insert the jack cord into the outside hole.
- Welcome screen – Programs – You will see your name – Select your program – begin Day 1 track 1.
- Most tracks are 20 minutes in duration depending on your specific setting. 4 tracks per day.
- Arrow forward, bottom right corner will bring you to the future days until you have completed your set number of days.
- Be sure to place the R (right ear) and L (left ear) as marked on the headphones.
- Do not adjust the dial on the side unless instructed to. It should be on 10 indicating equal input to each ear.
- Bone conductor on the top of the headphone must always be in contact with the head.
- Headband is handy for younger children.
- **REMEMBER TO CHARGE HEADPHONES, BLUE TOOTH CONNECTOR AND TALKSUP.**



Frequently asked questions.

- **There is a hissing sound coming from the headphones is this correct?**
- When you start the part of the Talksup program it is exposing your ears to filtered frequencies and the music may sound like it is hissing. This is normal and beginning to exercise your ears. **Do not change anything other than making sure the volume is comfortable for you.**
- **The music seems louder in the right ear than the left is this correct?**
- The music should always be slightly louder in the right ear. You may not notice it. If the music is louder in the left please notify us and we will rectify this.
- **Can I sleep during the sessions?**
- Yes, you are welcome to rest and relax and if you drift off to sleep this is acceptable. We recommend that you do not sleep through every one of the sessions. Be mindful that you are aligned and not scrunched up while sleeping and the top of the headphone is in contact with the head at all times.



Frequently asked questions.

- **Do you have a list of books I can read about the Tomatis Method?**
- We suggest the seminal book by Dr. Alfred Tomatis, “The Conscious Ear”
- This is an autobiography and explains many things about how the Tomatis Method was developed and why. You can get this book off Amazon or order through your library.
- Other books:
- Norman Doidge – “The Brains Way of Healing” 2015. (Neuroplastic interventions) Available on audiobook. Chapter 8 – A bridge of Sound. Extremely interesting snapshot of Dr. Tomatis and his discoveries.
- Paul Madaule’s “When listening comes alive” is a good comprehensive look at the theory and practicalities of the Tomatis Method or “The Ear and Language” written by Dr. Tomatis, which is a look at the beginnings of language and its relationship to the ear and other related topics.



Activity suggestions whilst listening.

- **Art and creative activities.**
- Mindfulness colouring books.
- Quilting, knitting, sewing, scrap booking, drawing, painting, sculpting and so on.
- Reading if it is pleasurable for you.

Writing

Crosswords, Find a word, Sudoku.

Brain Work

Puzzles, card games like UNO, 5 crowns, quiddler, Solitaire, Chess.

Play.

Board games, mastermind, scrabble, snakes and ladders ect. Any toys and games that your child enjoys.

Movement.

Yoga, Pilates, walking.



Changes to Expect when doing the program.

Responses vary from person to person and are difficult to predict.

Though out the program, we will work in partnership with you. The changes are unique to you and will be discussed so that we can maximize the benefits of the auditory training and help to unlock the maximum potential.

- Some positive changes we commonly observe are:
- Calmness (if you are over reactive)
- Improved sleep
- Increased efficiency and improved performance in everyday activities.
- Extra Energy
- Decrease in brain fog.
- Improved balance and coordination
- Easier verbal outflow.



Frustration and irritation.

- Sometimes one may experience some frustration or irritation during the program.
- This is a sign that your brain's status quo is being changed. Often our brains do not like to be challenged. We look at this as a positive response.
- Either slow the listening times into smaller chunks or contact us and we can discuss what and why you would be responding in this way and what can be done.
- Be assured that this is temporary and will ease as the brain changes, builds and strengthens new and existing pathways.



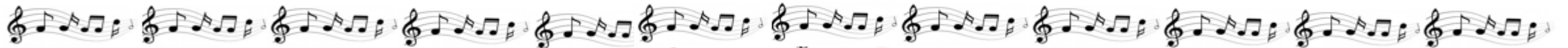
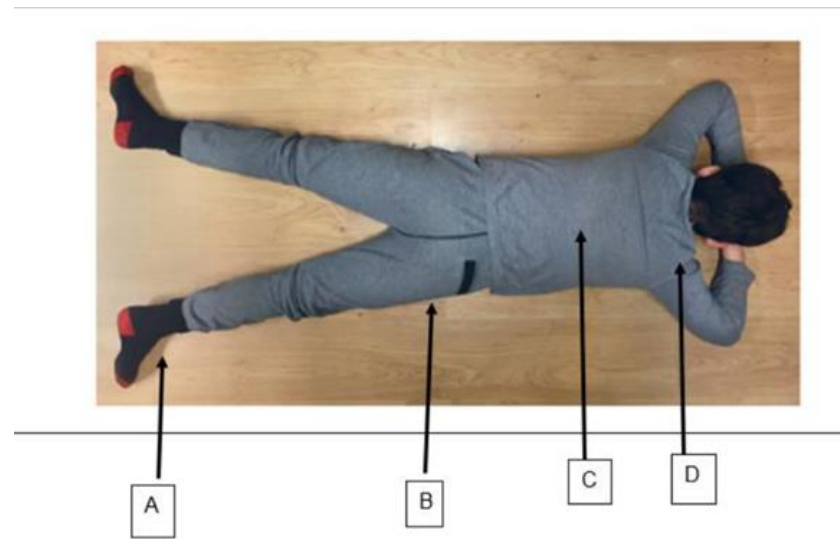
The listening posture.

- It is important to realize that the listening posture is a fundamental tool for processing information, for increased attention and concentration skills, for creating and maintaining sustainable energy and maximizing sound reception.
- Dr. Tomatis used to say that the brain puts itself into the “Listening position”
- Align the head, neck, spine and legs. If walking while listening be mindful of your posture. If sitting or laying down please be mindful of your posture to give the Tomatis training the best chance to do its magic.
- This is excellent for getting both the body and the auditory system ready and open for listening.



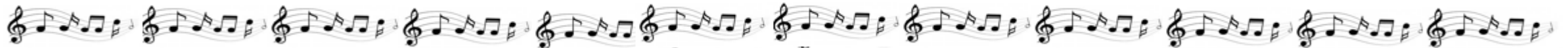
Good practice.

- If possible please try to lie in this position for at least 5 – 10 mins of your daily listening. The auditory system is open because of the good alignment and the body is prepared to process sound.
- This is a great position to adopt in order to calm a person as it stretches the long poly vagal nerve and opens the airways.
- If someone is anxious and can not stop the feeling, combined with rhythmic breathing it is a powerful yet simple tactic to bring one back to calm and coherency.



Feedback form.

- We strongly encourage all feedback. It is very important for us to know how you are doing during the listening as well as during the integration periods. This helps to provide the most ideal therapy for your unique situation.
- Please follow this link to get to the observation and feedback form. It will give you a very good idea of what to look out for.
- <https://tomatismelbourne.com.au/contact/>
- Please text, email or call with all feedback. (Cannot stress this enough)
- You will have a daily tracker which also has a place to add comments.



Delivery and returns policy. Very important.

You will have been given the appropriate equipment for your specific program.

We ask that you return it in a timely manner.

During your integration period it is most likely that another family will be using the Talksup that you have and in order to run an efficient business and service our clients professionally we ask that you take note of this fact. We often have tight schedules to adhere to.

Please take note of this fact and your dates will be specified. If there are holdups for whatever reason call and we will do our best to accommodate you.



Delivery and returns policy. Very important.

If you are out of our region please use Australia Post.

Tomatis Queensland

C/O Jennifer Muller

20 Blackwell street

Tannum Sands

4680 QLD

0423 831 866

Please follow the steps on the next slide.



Delivery and returns policy. Very important.

STEPS TO FOLLOW WHEN RETURNING EQUIPMENT.

1. Pack securely
2. Express mail
3. Do not take insurance
4. Do not take signature option
5. Double check address and 0423 831 866
6. Always add your return address and phone number
7. Take a photo of the tracking number and text it to us – 0423 831 866



Happy listening and we are here to help and support you and your family during the entire Tomatis journey.

