



Johansen Sound Therapy



For adults with listening, spoken and / or
written language problems

Keith Holland & Associates

o p t o m e t r i s t s

Why is hearing crucial?

We all take hearing for granted, assuming that all sounds reaching our ears are passed to the brain and processed in a straightforward manner. In fact, hearing is considerably more complex.

To start with, sounds heard in our right ears pass straight to the left hemisphere of the brain, whilst sounds heard in the left ear pass through to the right hemisphere of the brain.

It is thought that sounds heard in the right ear are more connected with language and speech than sounds heard in the left ear, which is more sensitive to background, low frequency sounds. Thus, we are all the time processing sounds that we hear differently according to the nature of the sound.

As a result, ear dominance becomes very important, and confusion in auditory dominance may cause difficulties with figure ground skills leading to difficulty in adults hearing their colleagues over bustling office noise.

There are as many nerves passing from the brain to the ear as from the ear to the brain. These 'Top down' nerves help re-tune the ear to home in on the sounds that we want to hear, and ignore the sounds that we don't. Hearing is to some extent learned, and we develop better hearing skills as we learn how to hear.

Many conventional hearing tests do not fully investigate the subtleties of auditory dominance and sensitivity, and indeed are not designed to do so. For adults with learning difficulties, it is sensible to have detailed monaural and binaural hearing tests carried out to eliminate the possibility of difficulty being present.

Should problems with auditory processing be present, it is possible to develop improved auditory skills using an approach known as [sound therapy](#).

How does it work?

Several researches have developed programmes for improving auditory skills over the last few years including Tomatis, Sammonas and **Johanson**. All systems involve listening to specially modified tapes or compact discs which contain music designed to stimulate at certain frequencies only and to stimulate the right ear more than the left year.

The treatment is simple and easy to carry out at home, since it simply involves listening to a tape of pleasant music for around ten minutes per day. As the treatment is passive, it is well suited to younger or active children, as well as older children and adults. Typically treatment may last around six to nine months, and possibly longer in adults.

The first requirement in assessing an adult is to carry out in-depth audiograms and to analyse the results of these. Tapes may then be customised to the individual needs and prepared for home use. They are listened to using good quality over the ear cup headphones on a reasonably good quality tape player.



Research has shown that sound therapy can help adults with specific learning difficulties or dyslexia, and our own work in Cheltenham has shown that in some children visual skills may also improve following a programme of sound therapy. This is not as strange as it may sound, since there is a great deal of common processing between auditory and visual signals.

We expect to see improved concentration skills, better use of language, and improved spelling.

Work has been carried out in Edinburgh by the speech and language service, on a pilot scheme working with dyslexics, and has shown significant improvements in reading and spelling skills following a course of sound therapy.

For more information on sound therapy or to arrange an appointment please call reception on: 01242 233 500



Sound therapy is available in our St George's Road practice as part of a more comprehensive review of sensory issues that can affect learning.

As behavioural optometrists we are particularly interested in the visual factors that can affect learning.

For further information or to make an appointment please contact the reception team at:

Keith Holland & Associates
27 St George's Road, Cheltenham, GL50 3DT

Telephone: 01242 233 500

Fax: 01242 227 686

Or visit us on the web at www.keithholland.co.uk

This article is based on an original article by Camilla Leslie, Speech and Language Therapist, Edinburgh.

Further information is available at:
www.johansensoundtherapy.com
www.dyslexia-lab.dk