

The Focus Program – Integrated Listening Systems(iLS)

The iLS Focus Program is an educational tool for improving brain and body function. The activities are fun and can easily be customized for all ages and skill levels.

The combined elements of a Focus Program – music, movement and language – begin with building the foundational supports for body organization. As the body becomes organized, so does the brain. With increased organization the brain is able to process information from our environment, sustain attention and learn.

The beauty of addressing brain function at this foundational level is that we become mentally and emotionally resilient, effective at school or work and more socially adept. For example,

- Dynamic balance, proprioceptive abilities improve – a child finally learns to ride a bicycle
- Faster processing speed – student pays attention and catches on more quickly
- Eyes and ears are working together – reading can improve
- Gross and fine motor systems are integrated – handwriting can improve
- Emotions are controlled – more able to tolerate big feelings and seek comfort
- Stronger working memory – better at multistep maths problems and reading comprehension
- Sustained attention – less easily distracted or impulsive

WHO BENEFITS?

Clients who demonstrate delays and/or difficulties in any of the following areas:

- Concentration/Attention/Memory
- Speech, Language
- Written Expression & Reading Comprehension
- Social Communication, Behaviour
- Motor Skills, Balance
- Processing speed
- Sensory Processing
- Stress, feeling anxious, overwhelmed



Especially in younger people and those recovering from injury, this staged approach develops a foundation that may never have been fully developed or was interrupted due to an event. With appropriate stimulation, the brain's ability to successfully process and retain information leads to better academic outcomes. In addition, there is an increased ability to control impulses, self-regulate behaviour and engage appropriately with others.

Teens and adults also see improvement in these areas, as well as improvement in reading comprehension, concentration, memory and performance at work. Most report less stress and anxiety and a happier disposition.

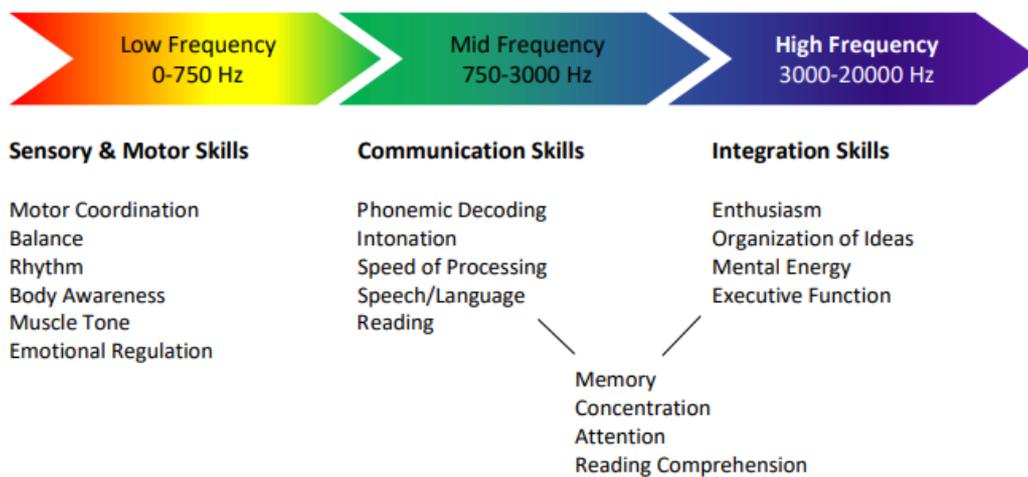
WHAT IS INVOLVED?

The development of the Focus System is based on more than two decades of experience with thousands of children, teenagers and adults. Given this extensive clinical experience, five programs are recommended for clients:

1. Sensory & Motor Program (60 sessions)
2. Concentration & Attention Program (40 sessions)
3. Reading & Auditory Processing Program (40 sessions)
4. Optimal Performance I & II Programs (two versions, 24 sessions each)
5. Calming Program (two versions, with or w/o Chant, 10 sessions each)

There are several important features of these programs.

First, each program contains the full spectrum of sound frequencies of human hearing (20-20,000 Hz.). iLS refers to the music containing all of these frequencies as full spectrum music (FSM). The number of sessions spent emphasizing each frequency range, shown below, gives each program its distinct design.



FOCUS PROGRAMS' FREQUENCY RANGES

Second, the Auditory Component delivers music through both air and bone conduction.

Third, the programs are designed so the sequence of sessions follows a specific structure which gently and gradually transitions the listener from one phase to another.

Each program of the Focus Auditory Component follows four sequential phases: Organization, Transition, Activation and Integration. It is important to note that these phases happen over the course of an entire program, not within a single session. **A bespoke program is designed depending on the child's needs.** This program is then optimised by at least 4 hours per week (over at least 2 occasions per week).

The [DreamPad](#) supports better sleep and complements the program and parents can purchase this from iLS or Amazon.

*90% of children with Autism Spectrum Disorder or Sensory Processing Disorder saw great improvement in sensory processing and motor coordination by using the Focus System home program, in addition to increased emotional regulation. **

*Research studies : <https://integratedlistening.com/research/#Focus>

For further information or questions please contact me.