

## **Johansen Individualised Auditory Stimulation (JIAS) – Information Sheet**

### **Supporting Auditory Processing, Attention, Learning & Regulation**

At Children's Therapy Services, we use a range of evidence-informed, functional neurology approaches to support children's neurological, sensory, emotional, and learning development. The Johansen Individualised Auditory Stimulation (JIAS) programme is one of these tools, providing a personalised listening program designed to improve how the brain processes sound.

#### **What Is the Johansen Listening Programme?**

The Johansen Individualised Auditory Stimulation (JIAS) programme is a personalised auditory intervention that uses specially selected and modified music to support auditory processing and brain development. Each program is tailored to the individual based on an initial assessment, and is designed to gradually improve how the brain interprets and responds to sound.

Children listen to customised music through headphones at home for short daily sessions, supporting long-term changes in auditory processing and related skills.

*It is designed to:*

- Improve auditory processing and listening skills
- Support attention, concentration, and focus
- Enhance speech, language, and communication
- Improve memory and learning capacity
- Support emotional regulation and sensory processing

#### **Why We Use JIAS in Our Clinic**

Children who experience difficulties with listening, attention, or learning may have challenges processing auditory information effectively. The Johansen programme supports the brain to organise and interpret sound more efficiently, which can positively impact learning, behaviour, and communication.

*JIAS may be used to support:*

- Improved listening and following instructions
- Better attention and reduced distractibility
- Enhanced speech and language development
- Improved reading and phonological awareness
- Reduced auditory sensitivities

## **Understanding How JIAS Supports Therapy**

### *Auditory Processing*

- Supports the brain to process and interpret sound more effectively
- Improves discrimination of speech sounds
- Enhances ability to listen in noisy environments

### *Attention & Learning*

- Supports sustained attention and focus
- Enhances working memory and processing speed
- Improves readiness for learning tasks

### **Speech & Language Development**

- Supports language processing and understanding
- Improves expressive communication
- Enhances phonological awareness for reading

### **Regulation & Sensory Processing**

- Helps reduce sensitivity to sound
- Supports emotional regulation
- Promotes a calmer and more organised nervous system

### **How the Johansen Programme Is Used**

The Johansen programme is delivered as a home-based listening intervention with regular review and support from a trained therapist.

*A typical program may include:*

- Initial auditory assessment
- Individualised music program tailored to the child
- Daily listening (typically 10–15 minutes)
- Regular reviews and program updates
- Integration with therapy goals and activities

### **What Are the Benefits?**

- ✓ Improved listening and auditory processing
- ✓ Better attention and concentration
- ✓ Enhanced speech and language skills

- ✔ Improved reading and learning outcomes
- ✔ Reduced sensory sensitivities to sound
- ✔ Greater confidence in communication and participation

### **Who May Benefit?**

The Johansen Listening Programme may support children who experience:

- Auditory processing difficulties
- Speech and language delays
- Attention and concentration challenges
- Reading or learning difficulties
- Sensory sensitivities to sound
- Autism, ADHD, or developmental differences

### **Is JIAS Safe?**

Yes. The Johansen programme is a non-invasive, safe listening intervention when used as directed. It is tailored to each individual and monitored by a trained professional to ensure appropriate progression.

### **Our Approach at Children's Therapy Services**

The Johansen Listening Programme is integrated into a whole-child, individualised therapy plan which may include functional neurology, speech therapy, occupational therapy, and sensory integration support. All interventions are aligned with meaningful, functional outcomes for each child.