

Therapeutic Listening® (Vital Links) – Information Sheet

Supporting Sensory Processing, Regulation, Attention & Functional Development

At Children's Therapy Services, we use evidence-informed, functional neurology and sensory integration approaches to support children's neurological, sensory, emotional, and developmental needs. Therapeutic Listening® is one of these tools, providing a structured, individualised listening approach to support how the brain processes sound and sensory information.

What Is Therapeutic Listening®?

Listening is a whole-brain function that goes far beyond the ears. It is an active, dynamic process requiring attention, interpretation, and whole-body engagement. Therapeutic Listening® is a comprehensive, multi-faceted sound-based intervention that supports how the brain processes sensory information, regulates the body, and engages with the environment.

The auditory system is neurologically connected to all levels of brain function. As a result, how we listen influences not only hearing, but also movement, attention, behaviour, emotional regulation, and overall physiology.

Therapeutic Listening® is not a single fixed programme. Instead, it is an individualised approach where specially modified music selections are chosen and adapted over time based on each child's unique needs, responses, and progress.

The music is electronically modified to highlight specific parts of the sound spectrum that naturally capture attention, activate movement, and support the brain's ability to organise itself. This process helps stimulate the nervous system's natural capacity for change (neuroplasticity).

It is designed to:

- Support sensory processing and integration
- Improve attention and listening skills
- Enhance emotional regulation and organisation
- Support movement, coordination, and body awareness
- Improve readiness for learning and participation

Why We Use Therapeutic Listening® in Our Clinic

Children who experience sensory processing challenges may have difficulty regulating their energy levels, focusing, coordinating movement, or engaging in daily activities. Therapeutic Listening® provides structured auditory input to support the brain to organise and respond more effectively.

Unlike more standardised listening programmes, Therapeutic Listening® is highly individualised. It is guided by clinical reasoning, with programmes adapted based on how each child responds, making it a flexible and responsive intervention.

Therapeutic Listening® may be used to support:

- Improved attention and focus
- Better emotional regulation and behaviour
- Reduced sensory sensitivities
- Enhanced coordination and motor planning
- Improved participation in daily routines and learning

Understanding How Therapeutic Listening® Supports Therapy

Whole-Brain Listening

- Supports listening as a full-body, brain-based process
- Improves attention, awareness, and engagement
- Enhances interpretation and response to sound

Sensory Integration

- Supports integration of auditory, vestibular, and proprioceptive systems
- Improves organisation of sensory input
- Enhances body awareness and coordination

Regulation & Attention

- Supports calming and alerting responses
- Improves energy regulation
- Enhances readiness for learning and participation

Motor & Functional Development

- Supports posture, balance, and coordination
- Improves timing and sequencing
- Enhances participation in functional activities

How Therapeutic Listening® Is Used

Therapeutic Listening® is delivered as part of a structured home and clinic programme, guided by a trained therapist.

A typical programme may include:

- Initial assessment and goal setting

- Individualised music selection
- Short daily listening sessions (typically 10–20 minutes)
- Regular review and adjustment of the programme
- Integration with therapy activities and sensory strategies

What Are the Benefits?

- ✓ Improved sensory processing and regulation
- ✓ Better attention and listening skills
- ✓ Enhanced coordination and motor skills
- ✓ Improved emotional regulation
- ✓ Greater engagement in learning and daily activities

Who May Benefit?

Therapeutic Listening® may support children who experience:

- Poor attention and focus
- Difficulties with peer interaction and play skills
- Challenges with transitions or changes in routine
- Communication difficulties (verbal and non-verbal)
- Sleep, eating, or regulation difficulties
- Difficulty following directions
- Motor planning and coordination challenges
- Sensory sensitivities (sound, touch, etc.)
- Emotional regulation or mood challenges
- Postural insecurity or movement-related fears

Is Therapeutic Listening® Safe?

Yes. Therapeutic Listening® is a safe, non-invasive intervention when used as directed. It is always individualised and monitored by a trained therapist.

Our Approach at Children's Therapy Services

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