

About Integrated Listening Systems

What is iLs?

In the last two decades medical science has come to understand that neuroplasticity remains throughout the lifespan. Based on clinically proven outcomes, iLs program strengthens existing pathways and create new neural connections through principles of neuroplasticity. As these neurological connections grow stronger, language skills, emotional regulation, and visual and auditory integration, also improve.

The improvements in brain function are based on the principle that higher (cortical) brain functions such as language, cognitive skills, and socialization rely upon how well sensory input is received and processed as it enters the central nervous system, and how well it is relayed to the upper brain. iLs improves processing at both these sub-cortical and cortical levels.

Who can benefit?

The iLs protocol has a global effect on the brain and central nervous system, influencing balance, visual processing, auditory processing, motor coordination, behavior and emotional regulation. As a result, it is successfully implemented for a wide variety of conditions such as:

- Learning difficulties including reading, spelling, math, auditory processing, speech fluency, and attention.
- Sensory processing and integration.
- Anxiety, sleep, emotional regulation, and mood problems.
- Autism and other neuro-developmental difficulties.

How does iLs work?

Building upon the psychoacoustic techniques originally developed by Alfred Tomatis, and further refined over the past eight years in the United States, iLs combine auditory stimulation with balance, movement and visual motor activities.

The design of iLs is based around the listening component. Each program has a specific listening schedule, into which the balance and visual activities are included. These integrating activities comprise 15-20 minutes of each listening session, and are explained in a Playbook which therapists use with students.

iLs clinic programs are conducted by trained associates including occupational therapists, physical therapists, speech and language therapists, and educators. Typical session organization is 20 to 60 minutes long, for 40 to 120 sessions, over a 3 to 9 month period.



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