



Therapeutic Listening

Therapeutic listening is a technique that uses electronically altered music through specialized headphones to directly stimulate the auditory/vestibular systems in order to impact attention, movement, and body awareness.

Participant listens to the music for 30 minutes, twice a day (morning and night, separated by at least 3 hours)

The music is electronically altered to elicit a specific response: the parts of the music that would naturally cause you to orient and attend are heightened and exaggerated. This causes the brain to attend to certain parts of the music. When the music has this effect, it causes an orienting response.

Each plan is individualized per patient and the music is switched out every two weeks to help optimize the results of the therapy.

Does your child...

- Have poor attention?
- Struggle interacting with peers?
- Show limited play skills?
- Exhibit issues with bowel and bladder control?
- Struggle with changes in routine?
- Display abnormal responses to sounds, touch, taste, or pain?
- Have difficulty communicating?
- Struggle with sleeping and eating?
- Find it difficult to follow directions?
- Show problems with irritability/mood?
- Have too low arousal or hyperactive?
- Exhibit a fear of playing on playground equipment?
- Struggle coming up with an idea or planning?
- Have difficulty responding to sounds and verbal directions?
- Seem uncoordinated or clumsy?

Please give us a call for a free screen and we can discuss if Therapeutic Listening would be a proper solution.

What do the parents say?

“When Kyle first started the Therapeutic Listening Program we were skeptical on whether it would work or not, however we were willing to give it a try! Before the Therapeutic Listening Program Kyle had a hard time changing clothes to match the seasons, if his clothes got wet he would break down, he also had a hard time with rain. He would watch the clouds and if they got dark he would start to break down knowing it could rain at any time. Kyle would also have a hard time with loud noises. He would literally cover his ears and cringe. Since starting the Therapeutic Listening Program Kyle is able to handle all these situations without shutting down. It is amazing to see him grow and be able to deal with these situations without breaking down all due to the Therapeutic Listening Program.” - Stacy Simmons

“Our two sons used the therapeutic listening program to help them with their homework. The program calmed them and allowed them to focus better while completing tasks. The difference we observed since we initiated the program has allowed them to do better in school and also carried over into benefits at home and in social settings.

Who are we?

Unified Therapy Services, established in 2006, is a pediatric focused outpatient clinic serving our clientele with physical, occupational, and speech therapy needs with a collaborative approach that includes a team of therapists, physicians, medical professionals, care staff, patients and families. We provide the highest quality of professional health care services to our patients, their families, and the communities in which we do business.

Unified Therapy Services' facility has eleven kid-friendly private treatment rooms, a large gym/play area, and a space that simulates a fully functional apartment. We have an abundance of swings and special lighting options in treatment areas. The location at 4121 Pennsylvania Ave. is pediatric focused, we have expanded to include an adult clinic, Unified Therapy Health Services, located at 1880 Radford Rd.



Our Team



Maggie Burnworth
OTR/L
Occupational Therapist



Lisa Hemann
OTR/L
Occupational Therapist



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