



Transforming lives through
innovative neurosensory solutions

UNDERSTANDING THE METHOD: **Your Tomatis®** **Handbook**





Dr. Vanessa Messias, AuD
Bilingual Portuguese/English

Tomatis Method is a powerful neurosensory stimulation program that improves motor skills, emotions and cognition through music and language. Tomatis Method is safe, non-intrusive, and scientifically researched. With 60+ years of experience and efficiency, coupled with our proprietary tech, the Tomatis Method transforms lives.

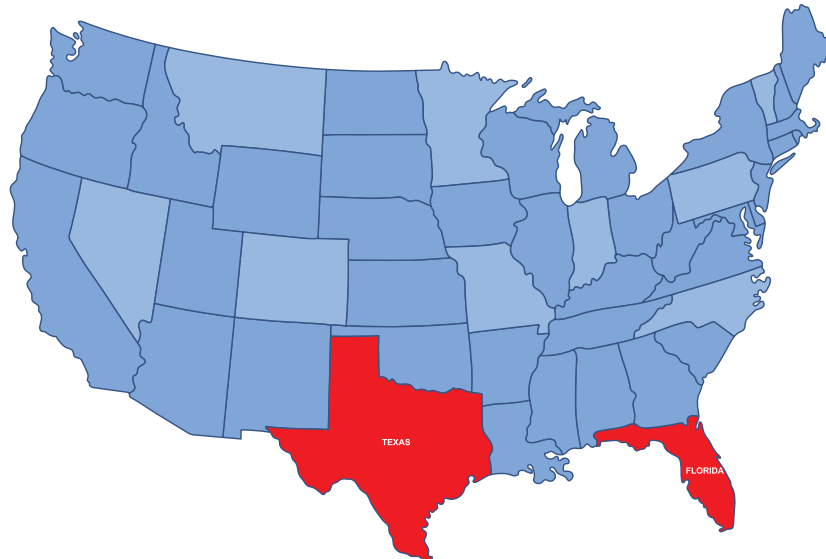
Vanessa Messias is a Speech Therapist, Audiologist and Tomatis Consultant. Her work with Tomatis Method began in 2014 in the USA and later she took the method to Brazil, where she travels regularly offering courses and lectures.

Since 2014, Vanessa Messias has sought to promote the Method, supporting families and professionals. Over the years, Vanessa Messias has gained incredible experience. Since 2014, she has used the Tomatis Method to help children, adults and elderly people with different pathologies and diagnoses presenting difficulties with hearing, learning, communication, social interaction and languages.

Vanessa Messias always seeks to offer her patients the most advanced and effective technologies with the aim of improving the therapeutic intervention process. The principles of her therapeutic intervention are based on continuous study and scientifically proven methods.



We offer Tomatis Method in the USA and Brazil.



In the USA, we offer Tomatis Method at:

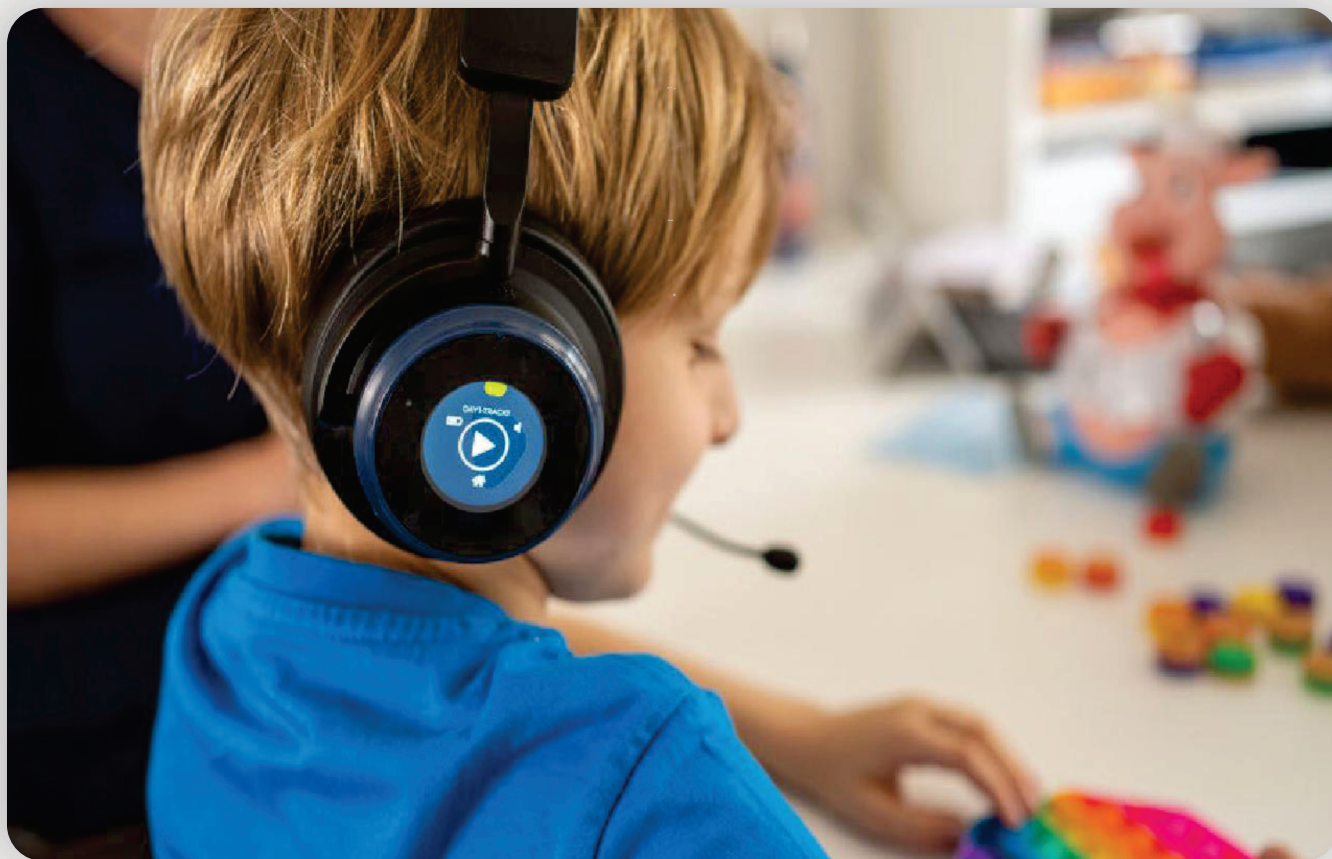
- Ear Brain Integration - katy, Houston, Texas
23410 Grand Reserve Drive, Unit 1103, Katy- Houston, Texas, USA
- Provita Speech, Boca Raton, Florida
9250 Glades Road, suite 108, Boca Raton- Florida, USA



In Brazil, we offer Tomatis Method at:

- Clínica Convida- Salvador- Ba, Brazil
Mundo Plaza Empresarial, Av. Tancredo
Neves, 620, sala 2605, Pituba, Salvador -
Bahia, Brazil
- Clínica Clinfono- Alagoinhas, Bahia, Brazil
Rua Marcela Buerom, 736-198, Centro,
Alagoinhas, Bahia, Brazil

Summary



The Tomatis® Method

3

Fields of Application

- Auditory Processing Disorder
- Sensory Processing Disorder
- Emotional Balance
- Speech & Language
- Learning Disabilities
- ADD/ADHD
- Autism Spectrum Disorder

4

5

6

7

8

9

10

The Tomatis® Method and Its Other Applications

11

Embark on Your Listening Journey

12

The Tomatis® Method: Answers to Common Questions

13

The Tomatis® Method

A Quick 3-Minute Explanation



**Safe and Non-Invasive,
Evidence-Based
Neurostimulation Program
for Auditory Processing
Issues Affecting Motor
Coordination, Emotions,
Attention, Learning, Speech,
Language, and Autism
Spectrum Disorders”**



Over
3,000,000
users



4,000
practitioners
worldwide



100
scientific studies

Auditory Processing Disorder

Boosting advancements in Auditory Cognition



Auditory Processing Disorder (APD) is best described as your ears and brain not being in sync. This results in a disconnect between how a sound is heard and how it is interpreted, leading to the inability to process information as effectively as others.

An Overlapping Condition



ADHD and APD:
50%

AUTISM and APD:
80%

SPEECH & LANGUAGE and APD:
90%

Signs of Auditory Processing Disorder



DISTRACTED BY BACKGROUND NOISE



SENSITIVE TO LOUD OR SUDDEN SOUNDS



COVER EARS TO BLOCK SOUND



UNUSUALLY LOUD VOICE VOLUME



POOR SOUND LOCALIZATION



MISHEARING SOUNDS AND WORDS



Science-backed Benefits APD

Enhances Auditory Discrimination	✓	Increases Auditory Attention	✓
Mandatory Air & Bone Conduction	✓	Improves Listening Skills	✓
Boosts Auditory Memory	✓	Enhances Phonemic Awareness	✓
Supports Better Comprehension of Speech in Noise	✓	Reduces Stress and Anxiety	✓

Case Study

A Case of Auditory Processing Disorder

Clinical Psychologist Françoise NICOLOFF - Australia

6-year-old Sue struggled with Auditory Processing Disorder, often needing things repeated multiple times and finding it hard to sit still in school. After starting the Tomatis® Method, she was hearing sounds and letters better, her writing improved, and she began participating more actively in class.

Her mother noted that she was less fidgety, had better posture, and was more in touch with her emotions. Her mother credited the Tomatis® Method for the remarkable change in Sue's behavior and learning abilities.



Sensory Processing Disorder

The ear is the king of Sensory Processing









Sensory Processing Disorder (SPD) is a condition that affects the way the brain processes information from the senses. In simple words, it is a neurological “traffic jam” that prevents certain parts of the brain from receiving sensory information from our senses to respond appropriately.

Elevating Sensory Integration

The Method contributes to increasing the brain’s ability to integrate sensory information, but it also creates a nurturing, low-pressure environment that is conducive to patients’ receptivity to auditory training.

Signs of Sensory Processing Disorder

	EXTREME RESPONSE TO LOUD NOISES AND BRIGHT LIGHTS		STRESS FROM BEING TOUCHED		RESTLESSNESS
	POOR BALANCE AND MOTOR COORDINATION		DISCOMFORT IN CERTAIN CLOTHES		LACK OF EMOTIONAL CONTROL

Tomatis® Benefits backed by research SPD

Regulates Sensory Input	✓	Supports Emotional Stability Enhances Body Awareness	✓
Reduces Sensory Overload	✓	Reduces Behavioral Outbursts	✓
Improves Motor Skills & Sensory Integration	✓	Enhances Auditory Processing	✓

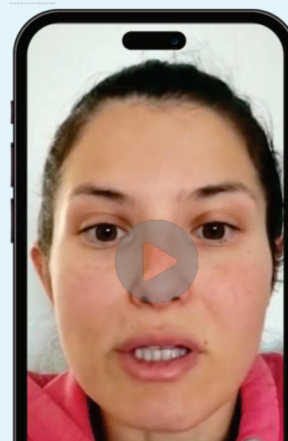
Case Study

20 years old client diagnosed with communication disorders, sensory issues and anxiety using the Tomatis® Method

April 2016 Ansie Vercueil

Mandy’s parents were very pleased with the results. They were especially impressed with her improvement with regard to communication. They also indicated that the results of the program as reflected with how they now experience Mandy at home. They felt their expectations were met and they now have a happy child with whom they can have a meaningful conversation.

Testimonial



Tomatis® helps improve language and sensory issues:

Tomatis® has greatly improved my autistic son’s language and sensory issues. His sensory sensitivities have decreased, and he no longer walks on tiptoes.

Emotional Balance

Building Emotional Resilience



Emotional dysregulation is characterized by difficulties in effectively managing and responding to emotions. Individuals experiencing **emotional dysregulation** often display a range of symptoms that can impact their emotional well-being and daily functioning.

Emotional Control and Brain Energy

The ear is an effective source of energy that may stimulate and boost the entire cortex. Low-frequency stimulation may foster relaxation and a persistent sense of calm, while high-frequency stimulation can raise arousal and enhance readiness for learning.

Signs of Emotional Imbalance

	EMOTIONAL IMBALANCE COMMUNICATION PROBLEMS		EMOTIONAL IMBALANCE INNER ISSUES		INTENSE MOOD SWINGS
	UNPREDICTABLE BEHAVIOR		DIFFICULTY WITH RELATIONSHIPS AND ISOLATION		CHRONIC ANXIETY



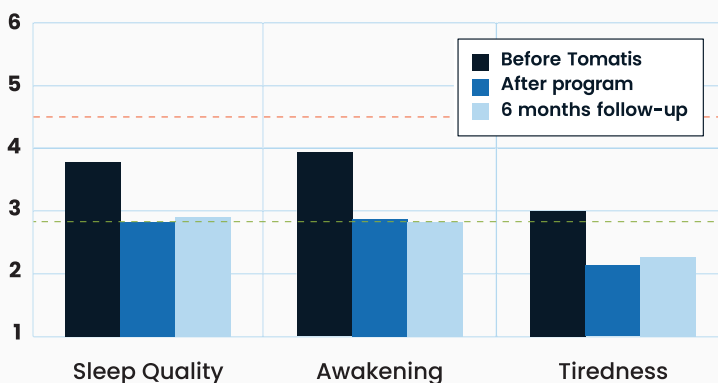
Fact-based Benefits Emotional Balance

Reduces Anxiety	✓	Promotes Emotional Awareness	✓
Enhances Mood Stability	✓	Encourages Positive Coping Mechanisms	✓
Supports Stress Management	✓	Reduces Emotional Outbursts	✓
Improves Self-Control	✓	Improves Sensorial Experience	✓

TOMATIS® Research

Quality of Sleep Questionnaire.

Mean Values



Questionnaire measures sleep quality, awakening, and tiredness during the day

Questions, range from 1="Never" to 6="Always"
Sub-scales: Sleep Quality, Awakening, Tiredness

Do you have difficulties falling asleep?	1	2	3	4	5	6
Do you wake up too early?	1	2	3	4	5	6
Do you feel tired?	1	2	3	4	5	6

* Statistical Analysis - First Presented at Chateau St Just, Paris / 15 May 2016
Maria Moell Lundqvist, Founder & Director Tomatis, New Zealand

Speech & Language

Unlocking Language Potential








Speech refers to the way in which sounds and words are produced, whereas **language** involves the use of words and gestures to understand and communicate information. A speech disorder can affect how a person forms sounds into words.

The voice can only reproduce what the ear hears

The Tomatis® Method enhances speech and language therapy by using auditory stimulation and neuroplasticity to improve listening, speech quality. It refines self-expression and conversational rhythm through the auditory feedback loop, employing tools like a microphone, bone conduction, and the Tomatis® effect.

Signs of Speech & Language

	SPEECH INTERRUPTION		CHALLENGES WITH SOCIAL ASPECTS OF COMMUNICATION		WEAKNESS IN THE MUSCLES USED FOR SPEAKING
	SLURRED OR SLOW SPEECH		STUTTERING		ISSUES WITH VOICE PITCH

Proven Benefits of the Tomatis® Method Speech & Language

Enhances Listening Skills	✓	Stimulates Language Areas of the Brain	✓
Improves Speech Clarity	✓	Accelerates Vocabulary Acquisition	✓
Boosts Language Comprehension	✓	Improves Phonological Awareness	✓

Testimonial

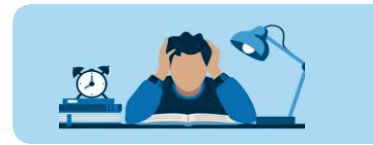
Kelly in New Plymouth, New Zealand.

Our four year old has had a terrible stutter. First Tomatis® intensive, we saw the stutter almost disappear. After five weeks it was sneaking back a little bit. Second Tomatis® intensive, for the first few days the stuttering went very bad and then by day four was gone again. It's been two weeks since he finished and you wouldn't know he ever had a problem!



Learning Disabilities

Poor Learners are poor listeners









A **learning disorder**, also known as a learning disability, is a neurological condition that affects an individual's ability to acquire and use specific learning skills, such as reading, writing, mathematics, or other academic tasks. The Tomatis® Method works with the plasticity of the neural pathways that decode and analyze sounds, as well as those of motor skills, balance and coordination.

The Science Behind the Transformation

Studies have shown improvements after the Tomatis® Method in areas such as reading comprehension, attention span, memory, and emotional regulation. By providing the brain with the necessary auditory input, the Method creates an environment where learning becomes more accessible and enjoyable.

Signs of Learning Disabilities

	DIFFICULTY READING		DIFFICULTY WRITING		POOR ATTENTION AND FOCUS
	LANGUAGE PROCESSING DIFFICULTIES		INCONSISTENT ACADEMIC PERFORMANCE		CHALLENGES RELATED TO ORGANIZATION AND ATTENTION

Evidence Based Benefits Learning Issues

Increases Attention and Focus	✓	Promotes Cognitive Development	✓
Boosts Memory and Recall	✓	Enhances Academic Performance	✓
Enhances Reading Skills	✓	Supports Executive Function Skills	✓

350+ Schools

has been adopted by over 350 schools as an integral component of their educational framework.



Testimonial



Tomatis®, it works! A note from child's teacher to his mother,



In all my years of teaching I have never seen a student make so much progress in such a short period of time. Not only academically, but in his confidence. I am glad to see a positive change at home too. The year is only half over so I can't imagine how much more growth we will see by the end of the year.

Sincerely,

LR



ADD/ADHD

Refining Attention and Boosting Mental Clarity



Informed by neuroscience, brain imaging, and clinical research, it is crucial to recognize that ADHD is not a behavioral disorder, a mental illness, or a specific learning disability. Instead, it is a developmental impairment of the brain's self-management system. Individuals with ADHD/ADD encounter challenges with impulse control, concentration. The goal from the Tomatis® Method is to help the brain develop mechanisms to detect change, which serves to reinforce attention.

Sharpening your focus and skills through Electronic Gating

The Tomatis® Method employs a unique approach to auditory processing and the ear-brain connection. Through the Electronic Gating® system, music is delivered with sudden changes in timbre and intensity, captivating the brain's attention. This exposure to unpredictable acoustic contrasts enhances listening clarity and overall skills.

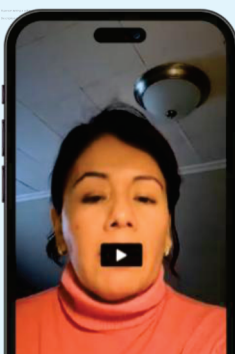
Signs of ADD/ADHD

	DAYDREAMING AND TROUBLE CONCENTRATING		DIFFICULTIES SITTING STILL AND FEELING RESTLESS		TROUBLE GETTING ALONG AND SHARING
	HAVING A BAD TEMPER AND BEING DISRUPTIVE		BEING MESSY AND DISORGANISED		SHOWING FORGETFUL BEHAVIOUR

Evidence Based Enhancements ADHD

Increases Attention Span	✓	Supports Executive Function	✓
Reduces Hyperactivity	✓	Reduces Distractibility	✓
Enhances Impulse Control	✓	Promotes Task Completion	✓
Improves Focus and Concentration	✓	Increases Cognitive Abilities	✓

Testimonial



Improves attention, focus:
Tomatis® helps improve attention, increase focus, reduce distractions, and improve grades.

Neuroplasticity as Foundation for Perception, Processing and Attention:
The Tomatis® approach is that it is designed to address the auditory processing system. Through sound training, individuals who struggle with attention are able to retrain their brain. With time, they can strengthen the neural networks required for better focus and attention.

Testimonial



The testimonial of Sarah, Myriam's sister (13 years old with dyslexia and ADHD),
After the first session, I could see that Myriam was less anxious and much more at ease and she stopped her bad habit of biting her nails. At school level, I spent less time on revision and above all there were results! More attentive at school, at home, pure happiness.

Autism Spectrum Disorder

Supporting your Autism Therapy



Autism, or Autism Spectrum Disorder (ASD), affects how people interact with others, communicate, learn, and behave. It varies widely in severity and symptoms, ranging from difficulties in socializing and repetitive behaviors to unique strengths in specific areas. Individuals with autism may have sensory sensitivities and process information differently.

How the Tomatis® Method Supplements Other Therapies

The Tomatis® Method can positively influence movement, energy levels, communication, and focus by stimulating the ear-brain connection. While not a cure for autism, it can enhance communication and behavior when used alongside other therapies, and may even speed up their effects.

Signs of Autism Spectrum Disorder

	APPEARING NOT TO LOOK OR LISTEN PEOPLE WHO ARE TALKING		REPETITIVE BODY MOVEMENTS (E.G ROCKING, FLAPPING)		DELAYED COGNITIVE OR LEARNING SKILLS
	NEED FOR A UNIFORM AND RITUALISTIC BEHAVIORS		ANXIETY, STRESS OR EXCESSIVE WORRY		HYPERACTIVITY , IMPULSIVENESS, AND/OR INATTENTION

Fact-based Benefits Autism

Better communication	✓	Increases Sensory Tolerance	✓
Decreases Temper tantrums, anxiety	✓	Enhances Attention Span	✓
Enhances Social Skills	✓	Supports Behavioral Improvements	✓
Promotes Emotional Regulation	✓	Increases ability to maintain Eye Contact	✓

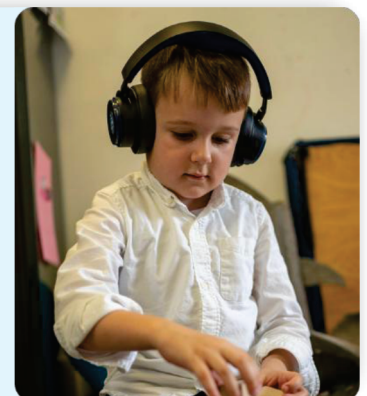
Testimonial



It was the best thing we did for my son when he was 4 years old.

He was diagnosed with Autism Spectrum Disorder at the age of 2.5. He was non-verbal, unaware of his surroundings. After the first week of Tomatis®, he was saying complete sentences and was more aware of his surroundings.

He has succesfull-timed and graduated a vocational course and high school. He is now 21 years old, has his driver's license, bought his first car and has held a full time job for 3 years.



Other Applications

Endless possibilities and fields of application



Foreign Languages

Most languages have distinct overtones, and our ears are naturally tuned to our native language or our mother tongue. This makes it challenging to hear and pronounce foreign tones accurately. By stimulating auditory perception, this program enables you to absorb linguistic nuances and cadences effortlessly. The Tomatis® Language Integration program can significantly speed up language learning, enabling correct pronunciation and quick memorization.

Public Speaking

Your voice is your most potent tool in the professional arena, but it can also be your Achilles' heel if not finely tuned. Professionals like lawyers, sales executives, and public speakers can strengthen their diction, eloquence, and overall confidence. Unleash your inner orator with the Tomatis® Method's impact on public speaking. Develop impeccable listening skills and refine your vocal delivery, enhancing your ability to captivate and engage audiences.



Pregnant Women

The Tomatis® Method uses soothing sounds during pregnancy to enhance relaxation and strengthen the bond between mother and baby. As the baby's auditory system develops around 18-20 weeks, sound stimulation supports brain development, sensory organization, and prepares the baby for language and learning.

Voice and Music

The Tomatis® Method helps singers, musicians improve their auditory perception and vocal abilities: pitch, tone, and rhythm. By actively exercising the auditory feedback loop with both air and bone conduction, the Method restores the link that connects the ear, brain, and voice, thereby restoring our ability to listen and reproduce sounds an effective way. Actors and dancers utilize this tool as a complement to improve their vocal communication and overall performance.



Embark on Your Listening Journey

Understanding the Tomatis® Listening Process.



Envision Your Listening Journey



Easy to use and convenient
for home use



Personalized program
tailored to your needs



Safe and gentle approach



Use it while cooking, playing,
walking, or relaxing

The Tomatis® Method: Answers to Common Questions



How is the Tomatis® Method structured and how long does it take?

The Tomatis® Method is divided into three or more 14-day sessions, with consolidation intervals of approximately 4 to 6 weeks between each session. It's important to consult with a qualified practitioner or professional familiar with your specific needs and the Tomatis® Method to determine the most suitable approach for your child or yourself.



What can one expect during a Tomatis® Method session?

Sessions involve listening to specially designed music that undergoes specific auditory modifications. These sessions are typically supervised by trained professionals.



Can the benefits of the Tomatis® Method be maintained over time?

Yes, the benefits of the Tomatis® Method can be maintained with consistent practice and reinforcement. Individuals are often provided with strategies and exercises to continue enhancing their communication skills beyond the intervention period.



Can we implement the Tomatis® Method at home?

We pride ourselves to present to you the Tomatis® at-home program where you can receive the benefits of the method from the convenience and comfort of your own home. A dedicated Tomatis Practitioner will design and oversee the listening sessions tailored specifically for you or your child.



How long does it typically take to see results with the Tomatis® Method?

Results can vary based on the individual's needs and the severity of their challenges. Some individuals may experience noticeable improvements within a few sessions, while others might require more time to see substantial changes.



My child is hypersensitive to sound. Can the Tomatis® listening program be used by him/her?

Depending on individual requirements, the practitioner may recommend either headphones or a preparation program using the bone conduction kit, which delivers listening stimulation through a belt instead of headphones. This preliminary phase prepares the child for the main Tomatis® program.



How do I choose a Tomatis® Professional?

Selecting a Tomatis® Professional from our extensive pool of over 4,000 profiles involves considering several key criteria. First, ensure the professional's expertise aligns with your specific needs and profile. Location is also important, as regular assessments/sessions may be necessary. Accessibility is another factor; some professionals offer home sessions, while others provide listening training in their centers. By carefully considering these factors, you can select a Tomatis® Professional who best meets your specific needs and goals.