



Therapeutic Listening Program

Action Forward is happy to announce the rollout of its Therapeutic Listening Program (TLP), it is beneficial to a range of children and adults, from 2 years of age to seniors. Benefits include building Language and Communication skills and results can be gained with usually only 15-30 minutes of continuous daily listening. Our therapeutic Listening Program is divided into four individual core stages and tailored to suit each individual's needs.

TLP is a home-based therapy that is a safe, effective, drug free approach that helps the brain process more effectively.

What are our Core Therapeutic Listening Programs on offer?

TLP Spectrum

Has a rapid and profound effect on people of all ages with sensory sensitivities, mental health concerns, and poor physical and emotional regulation. TLP is an effective solution to systematically shift the brain from the sympathetic fight or flight response to the parasympathetic rest and recovery response, leading to the system's overall calm and alert state.

TLP Achieve

Used to improve verbal and written communication and non-verbal expressions such as gestures, facial expressions and body language. Regulates the emotional system to encourage homeostasis throughout the body and promotes social language and connection. Supports minor or even significant attention deficits. It systematically targets focusing skills, reduces impulsivity and fosters the learning process at school, work and new personal endeavours.

TLP Level One

Combining Music and Nature provides two contrasting types of sound to improve auditory attention and sound discrimination. It's a great place for listeners when functioning indicates readiness for a more intensive listening experience to accomplish exciting breakthroughs.

TLP inTime

An adaptive program for sensitive to advanced listeners, is a holistic approach offering musical support to help accelerate physical and emotional healing. It can reduce tension, anxiety and stress for faster recovery. The rhythmic music of inTime engages the sensory-motor systems and positively impacts sensory and auditory processing disorders to improve learning.

If any of these areas sound like things you would like support with, please get in contact with us to have a call and work out the most suitable options and possible assessment time. We look forward to assisting you to calm, easy and enjoyable times ahead.

Speak soon, Stephanie

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