

## Case Study – The Listening Program®

### Cameron, Age 8 Yrs 9 Mos, Autistic Spectrum Disorder

Submitted by: Melissa East  
Honeybee Listening  
Boulder City, Nevada  
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Name: Cameron  
Gender: Male  
Chronological Age: 8 years, 9 months  
Clinical Diagnoses: Autistic Spectrum Disorder, Apraxia, Global Delays

#### BACKGROUND INFORMATION

Cameron was a full term baby however his mother needed complete bed-rest for the last 6 weeks of her pregnancy due to toxemia. Labor was uneventful until his heart rate slowed. Labor was then induced with delivery by Caesarian section. Cameron had a birth weight of 7 lbs. 8 oz and an Apgar of 9. He showed normal development sitting at 9 months, crawling at 14 months, and walking at 18.5 months. Cameron talked at 10 months, and was using 2-3 word sentences at 13 months when he lost all language after vaccination for Measles, Mumps, and Rubella. He had two reactions to vaccines and had seizures following Diphtheria, Tetanus, and Pertussis inoculations. At age 3-4, Cameron stopped eating everything. His parents tried desensitizing by telling him to eat one bite of everything on his plate before he could get the item he wanted. This backfired as he chose not to eat rather than try the bites. Cameron has a very limited diet and currently eats only about 20 items.

#### TREATMENT

Cameron is on the swim team in the summer and plays softball two times a week in the fall. He starts a therapeutic horseback-riding program again in September, something he has been doing for four years. Cameron went through Auditory Integration Training, AIT, at ages three and seven, which helped only minimally with his sound sensitivity. He was on a Gluten/Casein-free diet for one and a half years. He has had 40 sessions of Hyperbaric Oxygen Therapy. Cameron also had some Applied Behavior Analysis therapy for three years but this approach didn't really work for him or his family. He has been home schooled until last year. In first grade a paraprofessional worked with him and he was mainstreamed for 70% of his class work.

#### PROGRAM IMPLEMENTATION

Cameron began The Listening Program®, Base Schedule, 15 minutes twice a day, five days per week, on July 22, 2003. He began by listening to the Sensory Integration CD for the first two weeks. The first day he took the headphones off early. The second day, he was fine and listened for a full session both times. Cameron enjoys the music and is being very cooperative. He has noticed the audio bursting in the B track.

There are already changes this first week. He is calmer and not as nervous in public and in strange environments. He is making more of an effort to talk and has started to use sentences on his own without Mom prompting him. Mom and Cameron went out to lunch one day this week. Normally he would be in and out in 30 minutes. At the end of the second hour, he asked it if was time to go. He also ate a new food, a breadstick with garlic without smelling it first!

The second week he sat in the 4<sup>th</sup> row at the theater to see "The Lion King." There was lots of noise but he adored it. The month before he had been to the circus when he stayed for "two seconds," then said he had to go to the bathroom and didn't come out for the rest of the show. He wasn't afraid of the 20 feet tall people who came out from the audience at "The Lion King" although this would have scared him 6 weeks ago.

Cameron had a birthday party to go to this week. He has never been able to tolerate handwriting but he wrote "To Jacob" on the envelope of the card. Cameron has reduced sound sensitivity. He is more animated. He is more interested in communicating in sentences and is initiating conversations more often.

TLP Kit CD 1: Cameron began the TLP Kit this week. He also began a program of chelation to remove high levels of various toxic metals in his system and this is difficult for him. When Cameron first heard the nature sounds on CD 1 he loved them and was saying "Frogs, swimming, water!" He especially loved track 9. He started flapping his hands, squinting, humming, and moving his legs with his eyes almost shut. Thursday he would not stop talking throughout his listening session. His articulation has been improving over the last three weeks. He ate some new foods this week and drank carbonated punch for the first time, which he loved.

This week he had his first visit with his own dentist and was very compliant. Mom explained verbally to him what going to the dentist would be like and he got it, without needing to revert to video or drawings.

CD 2: Overall, Cameron is doing wonderfully with TLP. He is being home schooled this year and began his first week doing well in math. He is doing extremely well in swim team. He used to swim seven strokes and stop. Now he is swimming the length of the pool six times without stopping.

CD 3: This week he had his first evaluation in Arlington, Texas with the National Academy for Child Development, NACD. Cameron has been able to adjust to new surroundings extremely well. He went with friends to their school for lunch. He has NEVER wanted to enter a school before willingly unless it was his own and his school time. He entered, ate, and enjoyed himself. He then thanked his friend's mom for inviting them and left casually. Afterward he went to his old school to return books. To mom's surprise, he went in without a struggle and said hello to his old friends, although not looking anyone directly in the eye.

CDs 4-5: Cameron is just starting home schooling and is more emotional. He is much improved in language and is learning new things pretty well and very quickly. Cameron swam 50 meters without stopping in swim team. He is doing so well they may scratch him from the two beginning races and place him in the intermediate 25 meter freestyle! This is a huge improvement, as four months ago he couldn't swim ten yards without stopping to catch his breath.

CD 6: Cameron attended his older brother's wedding in California over the weekend. He tolerated the rented tux, heat, and noise for the entire six hours of the wedding, even though he was sick with a cold. Cameron always used to say "goodbye" immediately when anyone sang. He now either says it quite a few bars into the song or not at all. This is great for Mom who loves to sing!

CD 7-8: Cameron is enjoying the program and it has been a great lead-in for their home school studies. Although he has been sick with a cough, (from allergies and post nasal drip) he is in good humor and has suffered very little. He is enjoying the NACD materials and therapies and reminds mom when something is left out. His whole sense of happiness and well being has been very high since they've stayed out of the public school system. Cameron is trying new foods although most don't stay in his mouth. Textures as well as taste are still issues.

CD's 5-8, second cycle: Cameron is much better following last week's chelation. It is possible he is allergic to Blue Die #1 in the Powerade and Kool Aid drinks. Mom says he is "a genius" compared to last week! He is speaking much more clearly now. He tries to recall the words mom tells him to use in different situations and that's a first.

Cameron is watching the pro bowlers on ESPN to improve his own game, then trying the same maneuvers at the Bowling Alley. He is loving the classical music now and humming along a lot. He has been asking for TLP one day every weekend. He is now singing the music and shouting out shapes from the Baby Genius materials. He has also been watching Barney and Teletubbies again. Mom thinks this may mean Cameron is "catching up" on things he didn't understand before on these video tapes. It is clear to her that he is comprehending much more now than even 12 weeks ago. His auditory and visual digit span has gone from 2 or 3 digits to 5 or 6 in just eight weeks.

Cameron is enjoying music all by itself and asked for a specific Disney CD. He chose a music CD over a video and this is a first. Also mom was watching a religious music program on TV and usually Cameron wants to change the channel to watch a game show. Mom started to change the channel and he stopped her saying, "No! Stay. Music." He watched the whole hour by himself tapping out the rhythm on the kitchen table and singing the songs he had heard before in church. This was very unusual. He will not go to a service because he has always hated people singing. When mom clapped and sang along with the music, he didn't try to stop her.

### SUMMARY OF CHANGES

Cameron has had his quarterly evaluation with NACD. He was so excited about being evaluated that he refused to let mom in the room until he had shown the evaluator "his stuff." His handwriting skills are more than a full grade level up and his math is now beyond the stage of zero where he was, to K9. His mother is very excited because math is a new skill that is emerging and he is developing well in that area. Cameron actually told his mom that the math he was doing was too easy! The NACD evaluator has said that Cameron can start using two and three digit numbers next term for his math addition. He came up only slightly in reading. His stamina and strength have increased and his balance is much better.

### NOTE FROM CAMERON'S MOM

"That Cam is doing addition and subtraction now with one digit numbers is amazing! And to think the MD's in '96 told me that I would have to institutionalize him because he would never get better.

"From a personal standpoint I believe The Listening Program® is 100% responsible for the huge strides in his comprehension of reading materials and such, and for my being able now to understand every teeny jibber jabber thing he mutters to himself. And of course, as his world is expanding and his comprehension of so much more of his environment around him increases, he jibber jabbbers much less now, too."

### FOLLOW-UP RECOMMENDATIONS

Cameron will start TLP again, probably an Extended Schedule, which is much easier for mom right now. He will also continue with his NACD program, which has helped him to make such wonderful progress in many areas.

End of Case Study

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