

## Case Study – The Listening Program®

### Patti, Age 55, Visually Impaired

Submitted by: Dorothy Lawrence  
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Name: Patti Ehle  
Gender: Female  
Chronological Age: 55  
Clinical Diagnosis: Visually Impaired

### BACKGROUND INFORMATION

Patti had a normal birth. She did not have ear infections as a child. She had a tonsillectomy in grade two, scarlet fever at age 9 or 10, and spinal meningitis at age 12. This took months for her to recover and was very hard for her as she had always been an extremely active child. She is allergic to bees, specifically yellow jackets and honeybees and has had lots of shots for this. She often gets colds and sore throats.

Patti was first diagnosed with Retinitis Pigmentosa, RP, at age 22. Her left eye was always worse than her right eye. At age 36, all sight in her left eye was gone. She has an atypical version of RP as those who have it usually lose sight equally in both eyes. For 16 years her remaining sight was slowly deteriorating. In November of 2003, she lost her sight completely.

### PROGRAM IMPLEMENTATION

Patti's goal for listening was to understand further what The Listening Program® is and what it can do. She especially wanted to improve her balance in ice skating and in skiing, which she still enjoys. Following are notes from conversations with Patti during her first cycle of TLP, Level One. Patti listened for 30 minutes daily for 5 days per week.

Week 1:	It feels almost like there is a comb going through my brain.
Week 2:	It's making me feel more "formal," that's the word I'll use. When I lost my sight, I realized there are many things I can't control. I had to give up a lot. For some reason my posture feels different this week. I'm standing up straighter. I'm paying more attention to details. I'm thinking more about what I'm wearing. I even found myself glancing up at the mirror, even though I can't see myself, but I imagined what I would look like.
Weeks 3 & 4:	Last week I was ice skating and I noticed improvements in my coordination. I felt so balanced when I was skating. I really love the music. I feel there is more to it than just sounds. Maybe it's the intention you told me about. I'm seeing more blue than there has been in my inner vision. I used to do meditation off and on but just couldn't do it for a long time. Now I feel comfortable with it again and I'm going to go back to meditating.
Weeks 5 & 6:	I've gone ice skating a couple of times since that first report. I wanted to know if the feeling of improved coordination was just a fluke. But I was feeling better coordinated again. I had more confidence and a better comfort level when skating. I was able to do the things the instructor asked me to do much better. I love CD #6; it's my favorite so far. I love the way the music moves. Another thing is that my vocabulary is better and I feel more fluent in speaking. In fact I gave a speech at Toast Master's and won a ribbon! The speech had to do with increasing and decreasing volume. I've just been feeling smarter!
Weeks 7 & 8:	This past week I had a cold and ear infection and this created lots of problems. I was so off balance I was bumping into things and breaking things. I didn't even try ice skating. I wasn't even sure that I was getting anything out of listening.

## SUMMARY BY PATTI AND FOLLOW -UP

"I have now completed two cycles of TLP Level One. I would absolutely recommend TLP for anyone who is blind. Many people who are blind are not that active. Balance and coordination are issues because one third of balance comes from sight. TLP has definitely helped my balance.

Another thing that is an issue for the blind is that they need connections with other people. I am often alone with my dogs. I found that listening made me more social. I wanted to talk to others and I found myself picking up the phone and calling people to catch up, something I don't normally do. I was even writing letters! When I did connect with people, I was so glad to see them. I have found that my positive energy comes up immediately. I would also say that I might be a better listener now. I find myself sitting quietly, listening harder and not losing my thought, but letting the other person talk and finish.

I'm taking a break in listening now and am paying close attention to my coordination and social feelings. I want to see how long these effects last. And I want to see if there are other things I'll notice that have changed. Then I'll begin listening again."

End of Case Study