

TLP Sensory Integration Classic 1

(SI Classic 1) #TLP SI001



Description

Sensory integration is the process of taking in information about the world around us with all our senses and from inside our own bodies. Through integrating and organizing the senses of vision, auditory, touch, movement, muscle awareness, taste, and smell, we are able to interact comfortably and efficiently in work, play and through social interaction.

Broadly stated, sensory integration is the brain's organization of sensory input. As we move, touch, are touched, and place pressure on our joints and limbs, the brain is informed about the body's position in space and where our various parts are in relation to one another. The integration of these senses allows us to move them in a coordinated fashion. Through effective sensory integration, the many parts of the nervous system work together so that a person can interact with his environment effectively and experience the joy of unconscious coordinated movement. The efficient organization of sensory input forms the foundation for all higher learning. Many problems in attention, reading and writing have their basis in poor or disorganized sensory input. Many interventions, therefore, address sensory integration problems by using a variety of tactile, motor and movement activities to help the organization of sensory input and function of the vestibular system.

Dr. Alfred Tomatis was among the first to recognize that sound can be used to stimulate the vestibular portion of the vestibulocochlear system, and therefore the body. The vestibule is a small part of the inner ear adjoining the cochlea, which is the hearing part of the inner ear. The vestibule includes three semicircular canals, the utricle and saccule. These fluid-filled chambers have small hair cells that move in response to motion and inform the body about acceleration and deceleration movements, up and down movements, and also rotational movements. Many techniques that occupational therapists trained in sensory integration utilize are aimed at stimulating the vestibular system. SI Classic 1 incorporates sound specifically designed to help address this important integration of sensory information.

In Sensory Integration Classic 1, we are emphasizing those frequencies from 0-750Hz. This is also known as the body zone in the work of Dr. Tomatis and is concerned with rhythm, balance, coordination, integration of body schema, position in space, laterality, and left-right discrimination. One can experience through listening the enhanced awareness of the body, movement and vibration. Music recorded with specific emphasis in low and mid range frequencies, such as the cello and viola, have been used to enhance and support stimulation to and awareness of the body. This is furthered through the use of low pass filtration to help imprint the lower frequencies onto the frequency map of the auditory cortex. This zone supports the other frequency zones for speech and language and the overtone zone. Consider the 0-750Hz zone as a foundation for all higher frequencies. A solid foundation in the lower frequencies helps improve processing overall.

Listening Recommendations

In general it is recommended you start with SI Classic 1 then move to SI Kids 1. SI Classic 1 should be used for Preparatory Listening prior to beginning a Standard TLP Schedule for those people who have problems related to the vestibular system and integration of sensory input. Although this is not an all inclusive list, issues that may be helped include: balance, movement, coordination, rhythm, body schema, left-right discrimination, spatial awareness, sensory defensiveness, hypersensitive hearing, and emotional regulation. Individuals on the autistic spectrum benefit greatly from this CD as do those who need a better sense of their body, feeling more comfortable and grounded through the stimulation of the lower frequencies before experiencing CDs with high pass filtration such as those in The Listening Program, TLP1 - TLP8. Additionally, SI Classic 1 may help with athletic ability through improved body and spatial awareness, and through improved balance and motor integration.

SI Classic 1 can be played in an open sound field through speakers or through headphones. Listeners may engage in activities or exercises that compliment the music and are encouraged to move about while listening. It can also be incorporated into a sensory integration therapeutic program. As SI Classic 1 can be played through speakers, this makes it ideal for use in a group setting.

Use SI Classic 1 for Preparatory Listening, in Standard Schedule Variations, and independently as needed. Listening times will vary based on the needs of the individual listener. Due to the focus on lower frequencies, extended listening duration may cause fatigue, so we encourage maximum daily listening times of thirty minutes through headphones or one hour through speakers.

For additional listening recommendations review the Modular Design and Listening Schedules PowerPoint Presentation.

Technical Design

CD #	Left Channel Balance	Curves
TLPSI001	0	Medium Curve
A Track	B Track	C Track
Full Spectrum blended with Low Pass Filter 0-750Hz	Full Spectrum Audio Bursting Low Pass Filter 0-750Hz	Low Pass Filter 0-750Hz blended with Full Spectrum
The Listening Program technical design is patent pending and protected by international copyrights.		

Compositions

Segment 1			Time
Track 1A	Mozart	Quartet in G K156 Presto	(4:23)
Track 2B	Mozart	Trio in C K439B Allegro	(5:20)
Track 3C	Mozart Mozart	Trio in C minor K229 Allegro Quartet in G K156 Presto	(6:19)
Total			(16:02)
Segment 2			Time
Track 4A	Mozart	String Quintet #5 in C K515 Allegro	(5:16)
Track 5B	Arne	Air from the "Air and Giga"	(4:52)
Track 6C	Salieri Mozart	Danse from "Tarare" String Quintet #5 in C K515 Allegro	(6:22)
Total			(16:30)
Segment 3			Time
Track 7A	Mozart Mozart	String Quartet #11 in D K155 Molto Allegro Divertimento #1 in D K136 Allegro	(5:57)
Track 8B	Bach	Orchestral Suite #3 Gigue	(4:48)
Track 9C	Mozart	Divertimento #1 in D K136 Presto	(4:13)
Total			(14:58)
Segment 4			Time
Track 10A	Mozart	String Quintet #8 in C K614 Finale Allegro	(5:42)
Track 11B	Lawrence Lawrence	California Suite "Playful Wind" Suite Energique "WindDancer"	(5:05)
Track 12C	Lawrence Lawrence	Suite Energique "Joie de Vivre" California Suite "Playful Wind"	(4:47)
Total			(15:34)
CD Total			(63:04)