



**Tomatis® Program**  
**with TalksUp®**



# Contents

Please take the time to fully read this document

- Welcome to Tomatis® Listening Program with **Talks Up®**
- Getting Started
- To Begin
- FAQs
- Suggestions for Activities
- Food Allergies and Sensitivities
- Stress and Anxiety
- Changes to Expect
- Suggestions for People Suffering from Stress & APD
- The Listening Posture
- Individual Program
- Feedback Form
- Return of Equipment

# Welcome

Congratulations on your decision to invest in the Home-Based module of the Tomatis® Listening Program with Talks Up®.

Operating the program at home may seem a little daunting initially so we have put together a simple operating manual to help you understand the program and equipment.

You are unique. We are all the product of our genetics, lifestyle, thought patterns (both positive and negative) and our life experiences. The program that you are undertaking has been designed especially for you. It considers your unique history and life story.

When undergoing the program, we strongly suggest that your partner does it with you. It is a special time to relax and enjoy time out together from the busyness of life.

Other important bits of info are;

- No eating or chewing food or gum whilst the headphones are on as this hinders the capacity of the ears for listening
- Limit the consumption of sugary food/ drink and "junk food" whilst on the program. Water is the drink of choice!
- Posture is also important with listening so make sure that you both sit or stand with a good "listening posture"

- The small notebook in your pack is a journal. A place for you to doodle, draw pictures or write what you are feeling whilst you are listening.
- We also encourage great communication. We acknowledge how busy you are in your daily life. Please take the time to write down even a few small phrases in the daily feedback form. These can be emailed to Dr. Donna at: [info@tomatisinstitutevictoria.com.au](mailto:info@tomatisinstitutevictoria.com.au). I will respond at my earliest convenience.
- The Talks Up program needs to be undertaken for 1 hour and 20 minutes a day. For optimum benefit, we suggest 40 minutes morning and night.
- DO NOT drive a motor vehicle whilst listening to the program.



# Getting Started

Your Talks UP machine and 1 set of wireless earphones are fully charged.

The wireless headphones consist of the following;

- 1. Case
- 2. Wireless headphone
- 3. Wireless transmitter
- 4. USB cable
- 5. Long jack cable for headphone (if preferred)
- 6. Short jack cable for transmitter
- 7. Charger



The wireless headphones have built-in setting buttons.



The headphones come with an inbuilt battery that needs to be charged regularly (Approx. every 10 hours).

To recharge, plug the USB cable into both the DC adapter and the headphones on the Earphone marked **L**.

The wireless headphones use a transmitter to send the sound to the headphones. This transmitter is plugged into the Talks Up® machine using the short jack.

The transmitter will also need to be charged regularly via the USB port.

When listening to the program ensure that the earphone marked **R** is placed over the right ear. Success of the Talks Up® program is based on the benefits of “right ear dominance”.

# To Begin

1. Plug in the wireless transmitter using the short jack into the earphone icon on the Talks Up® device
2. Turn on the Talks Up® machine and the Transmitter
3. Use the stand to prop up the Talks Up® machine and ensure it is in a safe place
4. Once on the screen will display "Welcome ON your Talks Up®" Programs Settings



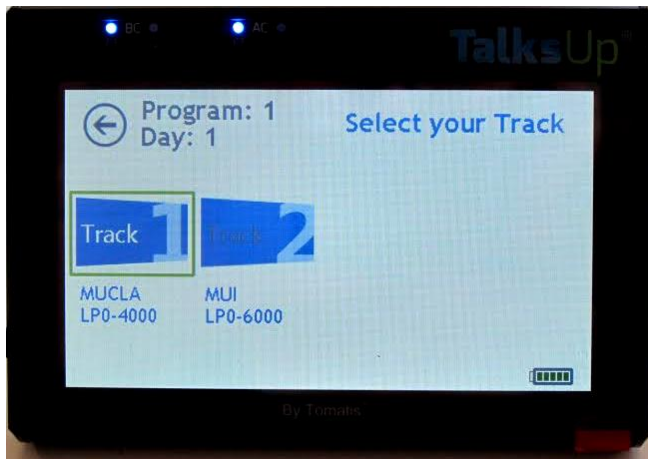
5. Select Programs. You will see your name.

6. Select Program 1 and Day 1 to begin.

*Most tracks are 20 minutes in duration depending on your unique program.*

*Remember 40 minutes morning and night will give maximum benefit*

7. Your complete 12 to 14 -day program is in the device ready for your use.





8. To access subsequent days in the program simply scroll to the next day and repeat the process.
9. Place the earphones on making sure the earphone marked **R** is on the right ear
10. Secure with the blue headband to ensure maximum bone conduction
11. Press **Play** to begin.
12. If you need to pause for any reason push the **Pause** button on the screen. This will stop your program and enable you to recommence where you left off when you are ready to use it again.
13. Remember to charge the Headphones and Talks Up® device overnight ready for use the next day.



# FaQs

## There is a hissing sound coming from the headphones is this correct?

When you start the part of the Talks Up® Program which is exposing your ears to filtered frequency ranges the music starts to take on hissing sounds, this is completely normal and is part of exercising your ears. **Do not change anything other than the volume to make it comfortable on your ears.**

## The music is louder in my left ear than in my right is this right?

The music you hear should always be louder (if only fractionally so) in the right ear, if the music is louder in the left please call and tell a member of staff so we can remedy this problem.

## Can I sleep during my daily session?

Yes, you are welcome to rest whilst you are listening to your program, your ears still get the benefits of the program. However, we suggest that the sessions should not be done whilst you are sleeping. If you fall asleep while listening, that is fine.

# FaQs

## **Do you have a list of books that I can read about the Tomatis® Method?**

We suggest that you read the seminal book by Dr A Tomatis, "The Conscious Ear" which is an autobiography and explains many things about how the Tomatis Method was developed and why. You can order this book via Amazon or get it from your library.

There are other books which we recommend;

- Paul Madaule's "When Listening comes alive" is a good comprehensive look at the theory and practicalities of the Tomatis® Method or "The Ear and Language" written by Dr Tomatis, which is a look at the beginnings of language and its relationship to the ear and other related topics.
- Campbell's "Mozart Effect" series, there is one aimed at parents and children and the other which is aimed towards a more adult audience.
- 'The Listening Journey for Children', co-written by Françoise Nicoloff and Maud LeRoux which is a set of successful stories from our colleagues around the world. You can also visit [www.theListeningJourney.com](http://www.theListeningJourney.com).

**If you have any further questions, please do not hesitate to call us on (08) 8569 1777 or send us an email to [info@tomatisinstitutevictoria.com.au](mailto:info@tomatisinstitutevictoria.com.au)**

# Activity Suggestions while using Tomatis®

## Home Based Program

### Art and creative activities

Mindfulness colouring in books  
Quilting, knitting, sewing, scrapbooking  
General crafts  
Drawing, painting, sculpting etc.

### Writing

Crosswords  
Find a word  
Sudoku



### Brain Work

Jigsaw puzzles with no more than 50 pieces  
Card games like Uno, 5 crowns, quiddler  
Solitaire  
Chess

### Play

Board games with your family or partner like monopoly, connect 4, mastermind, scrabble, snakes and ladders etc.

## Movement

Pilates

Yoga

Walking the dog

## Relaxing

Relax and doing nothing. You might just fall asleep when exhausted.

## Meditation

Do at any time while listening.



# Food Allergies and Sensitivities

Most people are familiar with what are known as "immediate response" allergies. Anything that brings an instant reaction, such as rash or vomiting, is immediate response allergies. Peanuts are well-known for such a response.

What you may not know is that fatigue, stress or weight problems may also be associated with allergies. Many common ingredients in the foods we eat everyday may be a contributing factor to these and other health complaints. Some chronic health problems are also linked to food intolerance. Such problems are delayed-response allergies, so-called because reactions can take hours or even days to surface after certain foods have been consumed.

## **What are the symptoms?**

Symptoms of food allergies include, but are not limited to, eczema and skin rashes, weight problems, digestive problems, headaches and migraine, tiredness and fatigue, irritable bowel syndrome, sinus and asthma problems.

Some reactions are not immediate, and it may take time to determine what the root cause of the problem is. Continuous symptoms, however, are often linked to our diet or environment. Other possibilities include a deficiency in certain vitamins or minerals. Sometimes people crave the very thing in which they are sensitive to, without realizing it.

## What causes a Food Allergy or Sensitivity?

The main ingredients associated with food sensitivities are gluten, wheat, dairy, yeast, sugar and eggs. Although these are the main causes, anything can potentially be a problem. To further investigate this, we recommend you consult a qualified Naturopath.

## The main culprits behind Food Disorders

**Gluten.** At its most severe, gluten intolerance is better known as coeliac disease, a medical condition where no wheat-based products can be tolerated. It is usually with the sufferer for life.

Wheat sensitivity is easier to deal with, and in many cases, can be treated under the guidance of a Naturopath. The Western diet is high in wheat, it is used as a thickener in many prepared foods so is hard to totally avoid. If you have any of the following symptoms it could be a sign that you have a gluten intolerance:

1. Digestive issues such as gas, bloating, diarrhea or constipation
2. Fatigue, brain fog or a tired feeling after eating a meal that contains gluten
3. Neurologic symptoms such as dizziness or being off balance
4. Hormone imbalances such as PMS or PCOS
5. Chronic fatigue or fibromyalgia symptoms
6. Inflammation, swelling or pain in your joints such as fingers, knees and hips
7. Mood issues such as anxiety, depression and mood swings

Sugar sensitivity is also on the increase. This is predominately due to over consumption of fizzy drinks, juices, lollies (etc) and the hidden sugar found in pre-prepared convenience products that dominate our supermarket shelves. Replacing sugar with artificial sweeteners only add to the toxic burden.

Many people are sensitive to yeast.

When combined with sugar and wheat a condition called Candida can develop which can be very debilitating. Symptoms may include, feeling tired and worn out, digestive issues such as bloating, irritability, mood swings, anxiety, difficulty concentrating and a strong sugar/ refined carbohydrate craving.

The last major food group to consider is dairy which consists of milk, butter, cheese, cream and yoghurt.

There are alternatives such as rice, almond and oat milk.

Symptoms of lactose intolerance typically occur within 2 hours after consuming milk-based products and include abdominal pain, gas, nausea and tummy gurgling.



## What can I do?

The good news is that allergies and sensitivities can often be rectified by excluding certain products from your diet for a short period or as a lifestyle change. Most can be eliminated in as little as three months. However, it is important to do this under supervision of a qualified practitioner as anything removed from your diet must be replaced in some way, or you could make yourself ill.

There are also various trials being carried out as it is believed that many existing medical conditions may be helped by the correct diet. Also, anxiety and depression in adults may be helped by avoiding food colourings, caffeine, alcohol, wheat and monosodium glutamate.

Always seek advice from a trained professional before eliminating any major food group.

You can also visit [www.mind.org](http://www.mind.org) to get a range of practical and useful information.

# Stress and Anxiety

In a matter of a few decades, stress has become one of the major afflictions of our civilization, not only in terms of the individual but also in terms of society. Almost 600 million working days are lost every year in the European Union due to stress.

Although the use of the term 'stress' has become trivialized, it refers to a very complex notion which is difficult to specify as it lies at a crossroads between biology and psychology.

It can be defined as a set of physiological and psychological reactions resulting from a demand or pressure from the environment which requires an effort of adaptation.

Since man has existed, he has always been exposed to stress; given that at all times he has had to face situations likely to generate reactions requiring the organism to adapt in order to preserve its internal balance. A certain level of stress is therefore necessary, if not to say stimulating, for certain types of personalities.

The problem is therefore not the existence of stress, but rather that of exceeding a certain threshold beyond which it can become dangerous for our mental and psychical balance.

There are very many factors which generate stress: they can come from the environment (noise, heat, cold, viruses...), or from the family, professional or social milieu.

These factors will trigger nervous system and hormonal reactions in order to enable the organism to defend itself against the source of the aggression it feels: an increase of blood pressure, acceleration of heartbeat and breathing, rising sugar levels in the blood, alertness and muscular tonus.

However, if these stressing agents persist or repeat themselves too often, the reactions of defense become chronic and illness or psychosomatic disorders set in: fatigue, anxiety, heart trouble, high blood pressure, digestion problems, muscular tensions, and even alteration of the balance of the immune system.

Faced with a stressful environment, there are two options:

- finding a way to control the environment by modifying or avoiding it, but in reality, this is not always possible, especially in the professional situation
- becoming less vulnerable to stress, by learning to master one's reactions to the events or situations which generate stress in the first place

It is in relation to this second point, stress management, that the Tomatis method is of benefit. The Tomatis method sessions make it possible to acquire an adequate control over the reactions which cause stress, in spite of the repeated aggression which we can be subjected to.

Indeed, the Tomatis method can provide specific auditory training which will produce a durable effect of regulation and harmonization, both on all of the physical tensions but also on energy resources.

Thanks to the training it will then be possible to develop strategies of emotional and cognitive control which can be triggered when needed, in order to deal with any potentially difficult situation more serenely.

Thus, the purpose of these strategies of adaptation, which originate from a very specific remodelling of the listening function, is to reduce or eliminate stress by enabling people to perceive any situation or event up to then considered as a source of aggression differently and more positively.

A readjustment of this kind will consequently bring about an increase in efficiency or performance in all everyday activities.

Information accessed via

<http://www.tomatis.com/en/multimedia/dossiers-thematiques/stress.html>

# Changes to Expect When doing the Tomatis® Program

Responses vary from person to person and are difficult to always predict.

Throughout the program, we will work in partnership with you. The changes unique to you will be discussed so that we can maximize the benefits of Tomatis program and help you to unlock your maximum potential.

Some positive changes we commonly observe are;

- Calmness (if you are over reactive)
- Improved sleep
- Increase efficiency
- Improved performance in everyday activities
- Extra energy
- Decrease in brain fog

# Suggestions for People Suffering from Stress and APD

Recognize -watch for the warning signs of stress

Reverse- undo the damage by managing stress and seeking support

Resilience- Build resilience to stress by taking care of your physical and emotional health

Make sure you adopt healthy eating habits, exercise for at least 20 minutes every day and get adequate rest.

Star the day with a relaxing ritual whether it is reading something inspirational, stretching or meditating

Try a new creative hobby to stimulate the creative side of your brain

Take a break from technology

Learn how to say "no" without guilt

# The Learning Posture

It is important to realize that the listening posture is a fundamental tool for processing information, for increased attention and concentration skills, for creating and maintaining sustainable energy and for maximizing sound reception (which in turn means maximum listening).

## The listening posture:

When sitting on a stool or chair your knees are to be slightly lower than your hips, your feet must be apart and planted flat on the floor. Make sure your knees are directly above your feet. Your back should be straight (without any muscle tension), you may want to slightly push your pelvis forward and open your shoulders. Breathe slowly and deeply. Your spine should be straight, and you should feel as if your vertebrae are each one on top of the other. Your head should be *slightly* forward, and your chin pulled down towards your chest, you will find the right angle between your neck and your head by gently moving your head in a nodding motion, as if you are saying yes.

This posture is excellent for getting both the body and the auditory system ready for listening.

# Feedback Form

You may notice changes in your daily habits, emotions or senses as your program progresses. Any of the areas or activities below could be affected by this input and changes could occur quickly or over time. It is appreciated if you could write this down in the feedback form. Make sure you complete this document during the home base program.

<b>Client:</b>	<b>Date:</b> / /
<b>Day: 1</b>	<b>Session: 1 2 3</b>

Please complete the following by clicking in the box under headings and typing your feedback relating to the corresponding heading.

<b>Emotions, mood, humour, short fuse, fatigue:</b>
<b>Sleeping, dreams, wakefulness, eating habits:</b>
<b>Balance, posture, work, organisational skills:</b>
<b>Communication, interactions with people:</b>
<b>Behaviour in general with specific people:</b>

Please email a copy or image of this form to:  
[info@tomatisinstitutevictoria.com.au](mailto:info@tomatisinstitutevictoria.com.au)

# Delivery of Goods and Return Policy

Here is the list of the equipment given to you. Please read the instruction manual before you start. If you have any difficulty, do not hesitate to call us on (08) 8569 1777 during your program. Enjoy your program!

- Large Case
- One Wireless headphone
- Wireless transmitter
- 3x USB cables
- Long jack cable for headphone (if preferred)
- Short jack cable for transmitter
- One Charger
- Talks Up® Device in case
- Instruction Manual
- Headband and Journal (if child)

The equipment and accessories listed above are property of the Tomatis Institute of Victoria. I understand that the TalksUp equipment and accessories are for personal use only and cannot be sold or hired or used in other way than what has been specified in our agreement. I agree to accept the conditions of the above listed equipment and accessories and will return them in the same conditions as I received them. All damages, breakages must be paid in full within 2 weeks of returning the goods.

**The above equipment needs to be returned to Integrated Wellbeing Centre, PO Box 915, Lobethal, SA, 5241 on or before \_\_\_\_\_.**

A late return fee may apply if goods are NOT returned by the due date.

Received by: \_\_\_\_\_  
Signed: \_\_\_\_\_



# Return of Equipment

Thank you for returning the equipment back to the Integrated Wellbeing Centre on:

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Please ensure the equipment is packaged well when returned. Please complete the checklist below to ensure all the equipment has been returned.

- Large Case
- One Wireless headphone
- Wireless transmitter
- 3x USB cables
- Long jack cable for headphone (if preferred)
- Short jack cable for transmitter
- One Charger
- Talks Up® Device in case
- Instruction Manual
- Headband and Journal (if child)

If you have any questions, please do not hesitate to contact us on (08) 8569 1777

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