

Quickshift Album Descriptions

快速转变专辑的描述

Sensory Modulation & Regulation 感觉调控 & 调节

Regulation... contains easy listening music that flows without a heavy emphasis on timing or rhythmicity. The listener tends to easily synchronize with the music, offering a soothing experience that often assists in arousal and emotional recovery. The musical presentation supports “recovery,” a return to an alpha state from brainwave frequencies that are associated with high arousal, and defensive patterns of response, stress, and anxiety.

调节...包含容易听的音乐，它不太强调时间或节奏。听者往往容易与音乐同步，提供一种舒缓的体验，常常有助于觉醒和情绪恢复。音乐演示支持“恢复”，即从与高觉醒相关的脑波频率返回到阿尔法状态，以及反应、压力和焦虑的防御模式。

Regulation 2... is similar to Regulation 1 in that it is comprised of easy listening music that flows without an emphasis on timing or rhythmicity. However, there is an additional slight dampening of frequency patterns which are associated with auditory defensiveness. This may be an appropriate choice for individuals with sound sensitivities as well as those in need of support for recovery and regulation of arousal, emotional, and behavioral states.

调节 2...和调节 1 相似，由容易听的音乐组成，不太强调时间或节奏。然而，与听觉防御有关的频率模式还有一个附加的轻微抑制。对声音敏感以及那些需要支持恢复和调节觉醒、情绪和行为状态的人，这可能是一个适当的选择。

Regulation 3... has a gentle flowing rhythm and melodic structures that have proven to be calming. “Auditory Soother” appropriate for instances of emotional dysregulation (outbursts and tantrums). May make a nice addition for clients already using Regulation 1 and Regulation 2.

调节 3...有柔和流畅的节奏和旋律结构，已被证明是有平静作用的。“听觉平滑器”适用于情绪失调（爆发和发脾气）的情况。对于已经使用调节 1 和调节 2 的客户来说，这可能是一个不错的补充。

Regulation & Movement... is grounded in a lively upbeat rhythmical structure that gently encourages postural activation all while maintaining regulation of arousal and affect. This album provides a musical bridge from regulation into organizing posture and movement.

调节 & 运动...是建立在一种活泼向上的节奏结构上的，它温和地鼓励姿势激活，同时保持对觉醒和影响的调节。这张专辑提供了一个从调节到组织姿势和动作的音乐桥梁。

Oral Motor/Respiration...contains classical music that Mozart originally composed for a relaxed outdoor dining experience. The simple, flowing rhythms of this album tend to match those of natural human biological rhythms as well as support entrainment to the innate suck-swallow-breathe synchrony. Thus, this selection would be beneficial for individuals who need to coordinate the suck-swallow-breathe synchrony as a support for self-regulation, feeding, and oral motor programs.

口腔运动/呼吸...包含莫扎特最初为一个轻松的户外用餐体验而创作的古典音乐。这张专辑简单流畅的节奏倾向于与自然的人类生物节奏相匹配，同时也支持内在的吸吮-吞咽-呼吸同步。因此，这种选择对于那些需要协调吸吮-吞咽-呼吸同步来支持自我调节、进食和口腔运动项目的个体是有益的。

Space...contains solely nature sounds that have been specifically recorded to enhance the three-dimensionality of the spatial surround. The listener is enticed to orient outwards into the environment but is provided with the support of a sense of organization and an emotionally neutral template*. As an emotional regulator, this selection would be appropriate for individuals who are either emotionally labile or who display a flat affect. Individuals who tend to become stuck in logic, detail-orientation, literal thought, and otherwise strongly “left-brained behavior” may also benefit from this selection.

空间...只包含自然声音，这些声音是专门记录下来的，以增强空间环境的三维性。聆听者被引导向外部环境，但被提供了组织感和情绪中立模板*的支持。作为一个情绪调节器，这种选择适合于情绪不稳定或表现出平淡情绪的人。那些倾向于陷入逻辑、细节导向、文字思维以及其它强烈的“左脑行为”的个体也可能从这种选择中受益。

*This would not be a therapeutic choice for individuals who have previously experienced trauma in an outdoor environment.

*对于以前在室外环境中经历过创伤的人来说，这将不是一个治疗选择。

Movement: Motor & Interaction 活动：运动 & 互动

Gravitational Grape...contains familiar children's music that incorporates simple and grounding rhythms. The listener is provided with a wide panorama of sound (drawing one outward) and yet is afforded a solid, anchored reference point within the soundscape. The intense yet simple rhythms ignite wide ranges of basic movement patterns that encourage the listener to challenge gravity and move through space, thus enhancing movement in and around midline.

引力葡萄...包含熟悉的儿童音乐，结合简单的基础节奏。为听者提供了一个宽阔的声音全景（吸引一个人向外），还提供了在音景中的一个坚实的、固定的参考点。激烈但简单的节奏激发基本运动模式的宽广范围，这鼓励听众挑战重力并在空间中移动，从而加强在中线和周围的运动。

Bilateral Integration...contains familiar rhythmical music such as “The Pink Panther” and a wide array of instruments and percussive effects. Heavy yet simple rhythms facilitate alertness and invite movement through the environment. Simultaneously, the music supports organized and integrated movements of the two sides of the body and thus can immediately impact bilateral motor coordination. This album is appropriate for supporting improvement in gross motor coordination, enhanced midline perception, and bilateral motor skills.

双侧统合...包含熟悉节奏的音乐，如“粉红豹”和广泛的乐器和打击效果。沉重但简单的节奏促进警觉，并通过环境鼓励活动。与此同时，音乐支持身体两侧有组织的、统合的动作，能立即影响双侧运动协调。本专辑适合支持大肌肉动作协调的改善，增强中线感知和双侧运动技能。

Agile Apricot...contains familiar children's music that invites physical exploration with composure. The alternating rhythmical patterns simultaneously summon the listener to physically move through space and yet provide the simplicity and support for organization and collectedness. As the listener moves through and explores the environment and his/her own ideas, one builds upon the basic tenets of praxis and higher levels of cognitive function.

敏捷的杏...包含熟悉的儿童音乐，邀请镇静的身体探索。交替的节奏模式同时召唤听者在空间中实际移动，同时为组织和收集提供简单化和支持。当听者通过并探索环境和他/她自己的想法，一个人依赖于运用能力的基本原则和认知功能的更高层次。

Rhythmic Razzberry...contains familiar children's music using a novel, jazz-like presentation. Musical selections offer great variety in rhythms, frequencies, and levels and layers of complexity (from basic to integrated patterns). The listener is afforded a plethora of musical elements from which to synchronize for improved emotional and physical regulation and organization. This selection is a good choice for individuals who have difficulty with transitions, emotional overload, and who tend to become mentally “stuck.” This selection may also benefit individuals who are ready to broaden their movement repertoire.

节奏的覆盆子...包含熟悉的儿童音乐，使用了新颖的、爵士式的表现形式。音乐选择在节奏、频率、程度和复杂层次（从基本模式到统合模式）上提供了多样性。为听者提供了过多的音乐元素，从这些元素中同步，以改善情绪和身体的调节和组织。这种选择对于那些有过渡困难、情绪超负荷以及容易陷入精神“困境”的人来说是一个很好的选择。这一选择也可能有利于那些准备好拓宽运动技能的人。

Peachy Peach... contains familiar children's music with a twist of novelty to capture and hold a listener's attention. The rhythms and melodies in the music are both time-honored and cross-cultural. The turn-taking style of the singer and instruments supports the natural flow of human relationships. A subtle hint of emotional activation supports social connectedness and engagement. This album facilitates synchronization with others, nurturing and comfort for regulation, and enhanced social interaction.

愉快的桃子...包含熟悉的儿童音乐，带有一种新奇的花样来吸引并保留听众的注意力。音乐的节奏和旋律既有悠久的历史，也是跨文化的。歌手和乐器的轮流方式支持了人类关系的自然流动。情感激活的微妙暗示支持了社会联系和参与。这张专辑促进了与他人的同步，调节的培养和舒适，并加强了社会互动。

Sentimental Strawberry... contains familiar, award-winning songs that have stood the test of time including "High Hopes" and "Somewhere Over the Rainbow." The musical presentation elicits feelings of emotion and openness, and yet supports and centers the listener to feel safe and supported while experiencing the full range of emotionality. This selection offers complex yet delicate rhythmical structures that facilitate the listener's ability to tune into him/herself and synchronize with others and the environmental context.

伤感的草莓...包含了熟悉的、获奖的歌曲，它们经受住了时间的考验，包括《远大前程》和《彩虹之上的某个地方》。“音乐的呈现唤起了情绪和开放的感觉，在体验全部情绪的同时，支持并以听众为中心，让他/她感到安全和被支持。“这种选择提供了复杂而微妙的节奏结构，辅助听众融入自己并与其他人和环境背景同步的能力。

Movement: Motor & Interaction (cont.) 活动：运动 & 互动（继续）

Syncing Up... is similar to Rockin' Surf in that it contains surf-style music and appeals to a broad audience across the age spectrum. The musical progression begins with an upbeat, fast tempo with a variety of instruments, creating a "musical playground" that features individuality and playfulness. Gradually, the listener is drawn into songs that contain heavy, clean, simple rhythms with slower tempos, ending with rhythmical patterns that are similar to those of biological rhythms. This selection is best for the client who seeks intensity (i.e., calming up) as opposed to the client who requires environmental dampening to calm down. This is also an appropriate selection for further supporting organization and coordination of physical movement.

同步...与摇摆海浪相似，包含了海浪风格的音乐并吸引不同年龄段的听众。音乐的发展开始于一个向上的、快速的拍子，用各种各样的乐器创造一个“音乐游乐场”，标志了个性和趣味。渐渐地，听众被吸引到沉重、清晰、简单的节奏和拍子较慢的歌曲中，以与生物节奏相似的节奏模式结束。这种选择对追求强度的客户是最好的（例如冷静上去），与那些需要环境抑制来让自己平静下来的客户相反。对进一步支持组织和协调身体运动，这也是一个适当的选择。

Power Wave... is similar to Rockin' Surf in that it contains surf-style music and provides a broad appeal to children, teenagers, and adults. The music contains both fast and slower tempos but is consistently delivered with intensity. The simple yet powerful rhythms provide stability for organized movement and the assortment of rhythmic patterns invite variations in movement. This selection is appropriate for igniting physical movement and energy. This is particularly beneficial for individuals who need intensity and power.

能量波...与摇摆海浪类似，它包含海浪风格的音乐，为儿童、青少年和成年人提供了广泛的吸引力。音乐既有快节奏的，也有慢节奏的拍子，但始终以强度的形式呈现。简单而有力的节奏为有组织的动作提供了稳定性，各种节奏模式的混合则在动作中引起了变化。这种选择适合启动身体运动和能量。这对那些需要强度和力量的人尤其有利。

Rockin' Surf... contains surf-style music inspired by musicians such as the Beach Boys and provides a broad appeal across the age spectrum from children to adults. The intensity of the music ignites energy while the simple, repetitive rhythms support organized and skilled body movement. Clinical applications vary from supporting bilateral motor coordination and movement skills all the way to enhanced focus and attention through anchoring and alerting the listener.

摇摆海浪...包含了海浪风格的音乐，灵感来自于像沙滩男孩这样的音乐家，并提供了在儿童到成年人的年龄范围中的广泛吸引力。音乐的强度点燃能量，而简单的、重复的节奏支持有组织的和熟练的身体运动。临床应用从支持双侧运动协调和运动技能到通过固定和提醒听众来增强集中力和注意力。

Performance Pop... features cheerful and lively pop music selections, specifically chosen and sequenced to capture postural activation. Inspirational lyrics and driving rhythms gears listener up for higher-level performance (challenging motor skill, sporting event, etc.).

表演流行乐...标志了欢快和活泼的流行音乐选择，特别选择和排序来获得姿势激活。鼓舞人心的歌词和强劲的节奏让听众为更高水平的表现（挑战运动技能，体育赛事等）准备好。

Motor Organization... features a guitar and piano and a musical presentation that supports refinement of timing, sequencing, and graded body movement. Originally named “the handwriting CD,” this selection facilitates energized focus and higher-level bilateral motor coordination for activities that require skill in fine motor, gross motor, and/or multi-layered cognitive performance. Additionally, the strong timing element may be helpful in the support of handwriting, spelling, as well as reading.

运动组织...以吉他、钢琴和音乐的呈现为特征，支持了精细化时间、顺序和把身体运动分等级。最初命名为“手写 CD”，这种选择有助于激发焦点和更高水平的双侧运动协调，用于需要精细运动、大运动和/或多层认知表现技能的活动。此外，突出的时间元素可能有助于支持手写、拼写和阅读。

Sensory Enhancement (Body ‘N’ Space)... is comprised of nature sounds and rhythmical, playful music such as “Over the River and Through the Woods.” The listener’s attention is drawn outward with a simultaneous invitation for movement through the environment. This selection is appropriate for a variety of individuals who would benefit from support in the “body in space continuum” from both ends.

感觉增强（空间中的身体）...由自然的声音和有节奏的、有趣的音乐组成，比如“河流之上并穿过树林”。听众的注意力被吸引到外部，同时邀请他们在环境中移动。这种选择适合各种各样的人，他们将从“空间中的身体连续体”的两端的支持中获益。

Executive Function 执行功能

Gentle Focus...contains music composed by Beethoven that features two guitars. While one guitar is picked and gently marks time, the other guitar is strummed, providing a rich soundscape that gently draws the listener outwards into the environment. The listener tends to naturally and easily synchronize with the music. This album tends to support regulation, centering, timing and sequencing, and readiness for environmental interactions.

温和的焦点…包含贝多芬创作的音乐，以两把吉他为特色。当一把吉他被挑选出来轻柔地标记时间时，另一把吉他则被随意拨弄，提供了丰富的音景，轻柔地将听众拉向外界。听众倾向于自然且容易地与音乐同步。这张专辑倾向于支持调节、集中、时间和顺序，以及环境互动的准备。

Collective Focus...contains classical music composed by Bach and Carulli that features a guitar and flute. The musical soundscape contains a variety of elements that creates complexity and depth, yet is presented in a clean, uncluttered manner. The guitar gently marks time and grounds the listener. Meanwhile, the flute provides a flowing melody that is easy to follow and draws one's attention outward. Thus, this selection creates an experience of maintaining focus in a dynamic environment. This would be an appropriate selection for adults and children alike who would benefit from enhanced focus, attention, and cognitive grounding, especially in environments or contexts that can be distracting or disorganizing.

集体的焦点…包含由巴赫和卡卢利创作的古典音乐，以吉他和长笛为特色。音乐的音景包含各种元素，创造了复杂性和深度，但以一种干净、整洁的方式呈现。吉他轻柔地标记时间并使听众着陆。同时，长笛提供了一个流动的旋律，容易跟随和向外吸引人的注意。因此，这种选择在动态环境中创建了一种保持焦点的体验。这将是一个适合成年人和儿童的选择，他们将受益于增强的集中力、注意力和认知基础，特别是在可能分散注意力或使人失去组织能力的环境或背景中。

Vivaldi for Attention...contains classical Vivaldi compositions ranging from orchestras to sonatas. The frequencies, tempo, and style of the music invite higher-level attention that supports complex thought processes in social interactions, games, and cognitive tasks. The sophisticated style and sequence of this music supports whole-brain processing; however, for a listener with minimal body awareness and midline organization, this album may be too complex.

维瓦尔第的注意…包含了维瓦尔第古典作品，从管弦乐到奏鸣曲。音乐的频率、节拍和风格会吸引更高层次的注意力，从而支持社会互动、游戏和认知任务中的复杂思维过程。这种音乐复杂的风格和顺序支持整个大脑的处理；然而，对于一个身体意识和中线组织最少的听众来说，这张专辑可能太复杂了。