Quickshifts

A Sound-Based Addition to Your Therapy Toolbox

What are Quickshifts?
- Versatile sound-based treatment tools that a listener uses with headphones or open-air speakers
- Tools that can produce IMMEDIATE results
- Specialized albums that contain music, nature sounds, or both
- Treatment tools that are used within therapy sessions, as a part of a sensory diet, or within a home program
- Another tool for your “toolbox” similar to gym balls, scooter boards, swings, or other therapy equipment

Who can benefit from Quickshifts?
- Individuals across all ages
- Individuals who experience difficulties in:
  - Sensory modulation
  - Self-regulation (either in state-arousal, emotions, or behaviors)
  - Anxiety
  - Bilateral Integration
  - Reflex integration
  - Oral motor & feeding difficulties
  - Motor coordination
  - Praxis (Ideation, Motor Planning, Execution)
  - Attention, Focus, and Executive Functions
  - Social interaction challenges
- Individuals with or without a diagnosis
  - ASD
  - ADHD/ADD
  - SPD
  - Generalized Anxiety Disorder
  - CP
  - TBI
  - CVA

How are Quickshifts used?
- During direct, one-on-one therapy sessions
- At home as a part of a sensory diet or home program
  - Before school, bedtime, mealtime, etc.
  - At another specified time of day to support function
- At school
  - As a preparatory activity to tasks that are often challenging for a student
  - During individual work time
  - At another specified time of day to support function
What are the therapeutic principles behind Quickshifts?

• Rhythmic Entrainment
  • Extensive Research (Michael Thaut, William Condon, and more)
  • All life has rhythms (heartbeat, muscular and neuronal firing patterns, bodily movement, social interaction, communication, and more)
  • The therapeutic use of musical rhythms has shown to support improved functional performance as it relates to:
    • Enhanced motor control, coordination, and performance
    • Activation of the sensorimotor cortex
    • Enhanced cognitive performance
    • Improved timing and sequencing

• Binaural Beat Technology
  • The brain’s electrical firing patterns ebb and flow throughout one's day and are associated with different arousal, emotional, and behavioral states
    • Different firing patterns for:
      • Deep sleep
      • Concentrating on school work
      • Feeling anxiety and high stress
  • Quickshifts utilize binaural beats embedded within the music/nature sounds to find the just-right state of arousal to match functional and environmental demands

Find Quickshifts on the Therapeutic Listening® App

Just search “Therapeutic Listening” and find the icon above
Available for Apple and Android Devices
Visit www.vitallinks.com for more information