

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



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