

Quickshifts快速转变: Frequently Asked Questions常见问题

Purchasing and Ordering Quickshifts:

购买和预定“快速转变”:

What formats are available for the Quickshifts?

There are currently three ways to purchase and access Quickshift Albums.

1. **CDs:** You may purchase CDs directly from Vital Sounds. We recommend using a portable, battery-operated CD player in this circumstance.
2. **Music Chips:** You may purchase the Quickshift albums as microSD chips that take place of a traditional CD. In this case, you will want to use the Sansa Clip+ music player to play the music. Both chips and players can be purchased directly from Vital Sounds.
3. **Therapeutic Listening[®] App:** If you have an Apple or Android device (e.g., phone, tablet, etc.), you can access Quickshifts via direct download through the *Therapeutic Listening* App. Through this medium, you will be able to play any album that you have purchased at any time. We particularly find this format beneficial for home programs and school-based sensory diets.

“快速转变”有什么格式可供选择?

现在有三个方法能够购买和获取“快速转变”专辑。

1. **CD:** 您可以从Vital Sounds直接购买CD。这种情况我们建议您使用便携式电池供电的CD机。
2. **音乐芯片:** 您可以购买存储在微型SD芯片中的“快速转变”专辑，来代替传统CD。这样您需要使用Sansa Clip+音乐播放器来播放音乐。芯片和播放器都可以从Vital Sounds直接购买。
3. **听乐治疗应用:** 如果您有苹果或安卓设备（如手机，平板等），您可以通过直接下载听乐治疗应用的方式获取“快速转变”。通过这种媒介您可以随时播放您所购买的任何专辑。我们特别觉得这种方法对家庭项目和学校进行的感觉餐单很有益处。

I already have Quickshifts on music chips or CDs. Do I have to use the new *Therapeutic Listening App*?

No. If you already own Quickshifts as either music chips or CDs, you may continue using those formats. Many therapists who already have chips/CDs will continue using them within their clinic or treatment setting. However, you may find the TL App incredibly helpful when recommending Quickshifts for home use. Families are able to download the TL App on their own device and directly purchase an album. We have found the TL App to be the most user-friendly format for home programs.

我已经有音乐芯片或CD格式的“快速转变”。我必须使用新的听乐治疗应用吗?

不需要。如果您已经拥有音乐芯片或是CD格式的“快速转变”，那么您可以继续使用这种格式。许多治疗师已经有了芯片/CD并且仍然会继续在自己的诊所或治疗地使用。但是，建议家庭使用“快速转变”时，您可能会觉得听乐治疗的应用非常有帮助。家庭可以把听乐治疗应用下载到自己的设备上并直接购买专辑。我们觉得听乐治疗应用对于家庭项目来讲是最容易使用的。

I am new to Quickshifts. Can I use the *Therapeutic Listening App* instead of CDs or chips in my treatment?

Absolutely! If you are just beginning to use Quickshifts in the clinic, you can download the albums onto an Apple or Android device to use with clients. Therapists have found this the most cost effective way to access the entire library of Quickshifts. In addition, this format allows you access to all of your albums with a simple click of a button. Some therapists have even created a Velcro strap to affix the device to headphones for a hands-free setup (see picture below).

我刚刚接触“快速转变”。我可以在治疗中使用听乐治疗应用而不是CD或芯片吗？

当然！如果你刚刚开始开始在诊所力使用“快速转变”，你可以下载专辑到苹果或者安卓设备上和客户使用。治疗师发现这种做法是获取“快速转变”所有库存最经济的方法。此外，这种格式也让你可以一键直达你所有的专辑。一些治疗师甚至制作了魔术贴绑带来把设备固定在耳机上，成为一个免提式设置（见下图）。



Is a Course Completion number needed to order Quickshifts?

No. binaural beat technology is freely available in the public sector. *However*, if a therapist does not have experience or an understanding of how to apply this technology to his/her specific client population, we recommend further training.

是否需要课程完成号码才能订购“快速转变”？

不是。双耳节拍技术是在公共领域免费公开的。但是，如果治疗师对于特定某个客户群体如何应用这项技术没有经验或无法理解，那么我们建议进一步培训。

Quickshifts and other Auditory Intervention Tools:

“快速转变”和其他听觉干预工具：

Can Quickshifts be used with other auditory interventions?

Quickshifts can be used as an adjunct to auditory interventions such as *Therapeutic Listening*. However, Quickshifts may also be used as a stand-alone tool, independent of other auditory-based tools.

“快速转变”可以用作其他听觉干预吗？

“快速转变”可以用作听觉干预，如听乐治疗，的附属。但是，“快速转变”也可以作为独立的工具使用，独立于其他基于听觉的工具。

How do you incorporate Quickshifts into a *Therapeutic Listening* program?

Quickshifts can be used as a second listening time or in addition to two listening times, depending on needs. When a child has difficulty with two listening times per day with *Therapeutic Listening*, and is making positive changes but may also become disorganized in other ways, a Quickshift can be substituted for the second (PM) listening session. One may attempt this if a child has increased emotionality, perseveration, or anxiety but has made good changes in other areas from *Therapeutic Listening* (Modulated or Fine Tuning). In this case, it is appropriate to use *Therapeutic Listening* in the morning and a Quickshift in the evening (Regulation, Oral Motor/Respiratory, or Gentle Focus are good choices).

Quickshifts can also be used as an additional listening time in conjunction with two *Therapeutic Listening* sessions per day. In this case, Quickshifts are used as needed (to increase bilaterality, facilitate eating, etc.).

如何将“快速转变”融入听乐治疗项目？

“快速转变”根据需求可以用作第二聆听时间，或加在两个聆听时间基础之上。儿童如果每天两个听乐治疗的聆听时间有困难，正在做出积极的改变但是可能其他方面变得混乱，那么“快速转变”可以作为第二个（PM）聆听时间的补充。如果儿童的情绪化、持续重复行为或焦虑增加，但是由于听乐治疗（“调控”或“微调”）在其他方面做出好的改变，那么可以尝试这种方法。这种情况下可以上午使用听乐治疗，傍晚使用“快速转变”（“调节”，“口运动/呼吸”，或“温柔的聚焦”都是很好的选择）。

“快速转变”也可以作为附加的聆听时间，连同每天两个听乐治疗时间。这样，“快速转变”按需使用（来增加双侧性，协助进餐等）。

Do Quickshifts need to be used in conjunction with *Therapeutic Listening*?

No. Quickshifts can be used as a stand-alone tool to set-up treatment, sensory diets, home programs, or to support transitions.

“快速转变”是否需要连同听乐治疗一起使用？

不需要。“快速转变”可以作为独立工具来设置治疗，感觉餐单，家庭项目，或支持过渡。

Using & Implementing Quickshifts:

使用和实施“快速转变”：

In what type of environments can Quickshifts be used?

Quickshifts can be used in clinics, schools, homes, etc.

“快速转变”可以在何种环境下使用？

“快速转变”可以用于诊所，学校，家庭等。

Do Quickshifts need to be listened to over headphones?

It is preferred that Quickshifts be used with headphones; however, it is still acceptable to use speakers. Headphones should be circumaural (covering the entire ear) and should be of decent quality. Ear buds are not acceptable. For use over speakers, the individual should listen in a small closed space with stereo speakers and very little competing noise.

“快速转变”是否需要通过耳机聆听？

“快速转变”最好能使用耳机聆听；但是，使用扬声器也是可以的。耳机应该是罩耳式的（遮盖整个耳朵），应该质量上佳。耳塞是不可以的。使用扬声器时，应该在一个小而闭合的空间聆听，使用立体声扬声器，很少声音干扰。

What are the headphone requirements when using Quickshifts?

Headphones should be circumaural, meaning that they cover the entire ear. Families may use the same headphones that are used for *Therapeutic Listening* or may select any other headphone model that fully covers the ear.

使用“快速转变”时，对耳机都有哪些要求？

耳机需要罩耳式，意即耳机需要覆盖整个耳朵。家庭可以使用听乐治疗所使用的耳机，或者可以选择全部遮盖耳朵的其他型号耳机。

How long can an individual listen to a specific Quickshift selection?

It depends on the individual. If listening daily, depending on age, you may need to change the music regularly. You should change the music if the individual is habituating to it, that is - bored, removing headphones (make sure this is not a headphone issue), unwilling to listen, not changing state, or irritable. If the individual does not habituate to the music, he or she can continue to listen to the same music selection.

一个“快速转变”选择可以让一个人听多久？

取决于个人。如果每天听，取决于年龄，你可能需要定期改变音乐。如果一个人习惯了这些音乐，就是说，觉得无聊，把耳机摘掉（确认这不是因为耳机的问题），不愿意听，没有改变状态，或易烦躁，那么你就需要换掉音乐。如果没有习惯音乐，她/他可以继续听同一个音乐选择。

What are appropriate activities during listening?

Many activities can be appropriate. The child may be drawn to sit or laydown quietly, play quietly on a floor or at a table, or move about. Activities that are not recommended include using computers, television, reading, or riding in a vehicle.

聆听时有哪些适宜的活动?

许多活动都适宜。可以引导儿童安静地坐下或躺下，在地上或桌子上安静地玩耍，或走动。不推荐的活动包括使用电脑，电视，阅读，或坐车。

Are there age restrictions for Quickshifts?

Stereo speakers should be used for individuals under 2 years. 2+ years can listen over headphones.

“快速转变”有没有年龄限制?

两岁以下的个人应该使用立体声扬声器。两岁以上可以使用耳机聆听。

What do you look for in a “good match”?

The just-right musical match will elicit cues from the listener. Following a Quickshift, ask yourself: Is the child in a better state? Easier to engage? Is there less tension in his or her body? More facial expression? Has his or her bilateral motor coordination improved? Is there an increased focus of attention? Is the child in a better mood? Is he/she more willing to engage in therapist-directed activities? Improvement in any of these areas indicates a good match.

怎么看出是不是“理想的搭配”?

刚刚好的音乐搭配会在聆听者处引发暗示。跟随“快速转变”，问问你自己：儿童是否处于更好的状态？更容易参与？他/她身体的紧张是不是减少？面部表情更多？他/她的双侧运动协调是不是改善了？专注能力有没有增强？该儿童是否情绪更好？他/她是否更愿意参与治疗师主导的活动？上述任何方面的改善都提示这是一个理想的搭配。

If I try a music selection and find that it is not a good match for the individual, how soon can I try another?

If your first choice does not appear to elicit positive change, wait until the next session to try another. This will give you the clearest idea of how the new choice affects the individual.

如果我试用一个音乐选择，发现对某个个人并不是理想的搭配，我需要多久来试用另一个？如果你的首选并没有引发积极的变化，等到下一个聆听时间再试用另一个。这会让你最清楚新的选择是如何影响这个个人的。

Can Quickshifts be used with individuals who experience seizures?

Please see our document, “Vital Links Statement on the Use of Quickshifts for Individuals Prone to Seizures.”

“快速转变”可以用于有癫痫发作现象的人吗?

请阅读我们的文档，“Vital Links关于同有癫痫发作倾向的个人使用‘快速转变’的声明”。