

## Quickshifts: Frequently Asked Questions

### **Purchasing and Ordering Quickshifts:**

#### **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.

#### **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.

#### **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).



#### **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.

## **Quickshifts and other Auditory Intervention Tools:**

### **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.

### **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.).

### **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.

## **Using & Implementing Quickshifts:**

### **In what type of environments can Quickshifts be used?**

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

### **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.

### **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.

### **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.

**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.

**Are there age restrictions for Quickshifts?**

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

**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.

**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.

**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.”