

Quickshift & Gearshifter Start-Up Guide

Quickshift & Gearshifter albums:

- Entrain brain waves using binaural beat technology to put listen in an alpha state, which organizes the body
- Connect both brain hemispheres: good for children who get stuck in a narrow focus or become perseverate. Good for sensory modulation, regulation, and receptive learning
- Have an immediate impact on function

Protocol:

- Must be listened to in its entirety—from beginning to end of album
 - Approximately 15-20 minutes long (Quickshifts)
 - Approximately 30 minutes long (Gearshifters)
- For use over headphones only
 - Except children under 2 years of age
- May be used:
 - As an adjunct to a traditional Therapeutic Listening[®] progression
 - Within a traditional *Therapeutic Listening* progression
 - 1x/day or as needed in a sensory diet
 - As needed to decrease anxiety, compulsive behavior or as a set up for a stressful situation
 - To set up: a treatment session, within a home program or sensory diet, or to support transitions throughout the day