

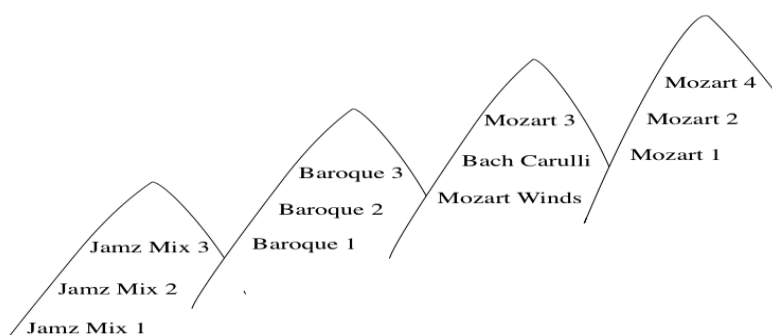
Fine Tuning Guidelines 微调指南

Protocol: 协议

- 30 minutes each listening session
每个听乐疗程30分钟
- 2 times per day, 7 days per week
每天2次，每周7天
- Minimum separation of 3 hours between listening sessions
听乐疗程之间最短间隔3小时
- Typically preceded by a protocol of modulated music
通常在调制音乐的协议之前
- For use over headphones only except for children under 2 years of age (see General Guidelines for Working with Therapeutic Listening®)
仅限耳机使用，2岁以下儿童除外（见 用听乐治疗工作的综合指南）

Basic Progression: 基础进程

- Start at bottom of mountain and work your way up/down each mountain (see diagram below)
从山峰的底部开始，然后努力向每座山峰的上/下移动（见下图）
- Change selections every 2 weeks as you ascend & every 3 days as you descend
上升时每2周更换选辑 & 下降时每3天更换
- Example: Jamz Mix 1 (2 weeks) → Jamz Mix 2 (2 weeks) → Jamz Mix 3 (2 weeks) → Jamz Mix 2 (3 days) → Jamz Mix 1 (3 days) → move to next mountain
例子：混合之声 1（2周）→ 混合之声 2（2周）→ 混合之声 3（2周）→ 混合之声 2（3天）→ 混合之声 1（3天）→ 移动到下一个山峰



Program Intensity: 项目强度

- Select best proven regulators from Modulated library, Quickshift/Gearshifter library, and/or Gregorian chant to lessen intensity of Fine Tuning program
从调制库，快速转变/变速杆库，和/或格列高利圣咏中选择被证明的最好的调节器，以减少微调项目的强度

- Consider the changing level of intensity when combining music selections, listed here from least to most intense:
考虑结合音乐选择时，强度的改变程度，以下列出了强度最低到最高：
 - Gregorian Chant album (unmodified) & Fine Tuning album
格列高利圣咏专辑（未改良的）& 微调专辑
 - Quickshift/Gearshifter album & Fine Tuning album
快速转变/变速杆专辑 & 微调专辑
 - Gregorian Chant album (modified) & Fine Tuning album
格列高利圣咏专辑（改良的）& 微调专辑
 - Modulated album & Fine Tuning album
调制专辑 & 微调专辑
 - Spatial Enhancement album & Fine Tuning album
空间增强专辑 & 微调专辑
 - Fine Tuning album 2x/day
微调专辑 一天2次