

THERAPEUTIC LISTENING PROGRAMMING GUIDE

听乐治疗的程序指南

General Guidelines for Working with Therapeutic Listening®

用听乐治疗工作的综合指南

Equipment: 设备

- Caregiver/therapist should place the headphones on self before each listening session to check headphone and music player function, volume, and play settings
照顾者/治疗师应在每次听乐疗程前将耳机戴在自己身上，检查耳机和音乐播放器的功能、音量和播放设置

CD Player CD播放器

- Using random or shuffle mode keeps music novel
使用随机播放模式保持音乐的新颖
- Should not generate background noise– no hisses or pops
应该不会产生背景噪音 – 没有嘶嘶声或啪的一声
- Turn off bass boost and/or shock protection
关闭低音增强和/或冲击保护
- Volume control should be equal in both ears
双耳的音量控制应该相等
- Use “Hold” button to maintain all settings during listening session
在听乐过程中使用“Hold（保持）”键来保持所有设置
- Use battery operated players to avoid electrical feedback
使用电池操作的播放器来避免电反馈
- Digital volume control allows most precise setting of volume
数字音量控制允许最精确的音量设置

Portable Music Player (Sansa Clip+) 便携的播放器 (Sansa Clip+)

- Using random or shuffle mode keeps music novel
使用随机播放模式保持音乐的新颖
- Preprogram for Therapeutic Listening – See Quick Start Guide
听乐治疗的程序 – 见快速入门指南
- Listen at quiet to comfortable volume
用安静到舒服的音量来听
- Use the included Velcro strap to wrap headphone cord on the top of the headphones and clip the player to it to keep out of reach during therapy
使用所包含的尼龙搭扣将耳机顶部的耳机线包起来，并将播放器夹在其中，以避免在治疗期间的触碰
- Use the included wall charger to avoid syncing your Therapeutic Listening music to your computer and maintain your therapeutic music collection on the player
使用所包含的墙充电器以避免同步您的听乐治疗的音乐到您的电脑，并保持您的治疗性音乐收集在播放器里

Therapeutic Listening App (Android and Apple devices with app downloading access) 听乐治疗App (有下载软件权限的安卓和苹果设备)

- See Therapeutic Listening App Instruction Packet for downloading steps
下载步骤见听乐治疗App说明包
- Pre-programmed to be in shuffle mode, keeping music novel
预先编程为随机模式，以保持音乐的新颖
- Listen at quiet to comfortable volume
用较安静到舒服的音量听
- Tip: a Velcro strap can be used to wrap the headphone cord on the top of the headphones and a device clip to attach a mobile device to the Velcro strap to keep out of reach during therapy
提示:在治疗期间，可以用魔术贴将耳机线缠绕在耳机上，用设备夹将移动设备固定在魔术贴上，以避免接触（耳机线和设备）

Headphones (Sennheiser HD500A) 耳机 (Sennheiser HD500A)

- Frequency range of 20 Hz - 23,000 Hz
20-23,000赫兹的频率范围内
- Impedance of 150 Ohms
150欧姆的电阻抗
- Open ear system
开放式耳朵系统
- Circumaural (no ear buds)
耳罩式（不要耳塞式）
- Marked with Right/Left sides; cord goes on the left
标记了右/左边；线接到左边
- Ensure cord is plugged in to headset and not loose
确保耳机线已接入到耳机上并且没有松动

Tune Belt 调整带

- Allows child greater mobility while listening
给予儿童听乐时更大的活动性

Volume Control: 音量控制

- Volume should be set a comfortable level – normal conversation level
音量应当设置在一个舒服的水平 - 正常交谈的水平
- Listener should not have to shout over music
聆听者不应该要叫喊超过音乐声
- For exactness, a decibel reader can be used; volume should be in the 45-55 dB range
为准确起见，可以使用分贝阅读器;音量应该在45-55分贝范围内
- Volume may have to be adjusted over the life of the batteries used
容量可能需要在电池使用寿命内进行调整

Contraindications: 禁忌

- Schizophrenia 精神分裂症
- Auditory-evoked seizures 听觉诱发的癫痫

Children under 2 years of age: 2岁以下的儿童

- Use modulated music over open speakers
通过开放式的扬声器使用调制的音乐
- Place child at apex of triangle equidistant between 2 speakers, no more than 3-5 feet from each speaker
将儿童放于三角形的顶点，等距两个扬声器，距离每个扬声器不超过3-5英尺
- Use a small space, such as a bathroom
使用小型空间，如卫生间

Children with hearing aides: 使用助听器的儿童

- Remove hearing aides prior to listening
听乐前取下助听器
- Keep volume at normal conversation level
让音量保持在正常的交流水平
- Unilateral loss – use a stereo volume control to equalize volume in both ears
单边听力损失 – 使用立体声音量控制来平衡双耳的音量

Children with cochlear implants: 有人工耳蜗的儿童

- Therapist should understand mechanics and frequency range of cochlear implant
治疗师应当理解人工耳蜗的机械学和频率范围
- Therapist should work in tandem with cochlear implant team
治疗师应该与人工耳蜗团队合作

Children with active ear infections or other illnesses: 现有耳部感染或其它疾病的儿童

- Resume listening after child has been on medication for active ear infection for 24 hours
在儿童服用药物治疗耳部感染24小时后恢复听乐
- Resume listening after flu or temperature symptoms clear up
在流感或体温症状消失后继续听乐
- Able to continue with listening if cold symptoms present
如果出现感冒症状，可以继续听乐

Activities to be discouraged while listening: 听乐时不鼓励的活动

- Activities that make the child unavailable such as TV, videos, computer use, video games, sleeping, and/or toys used in a perseverative way (i.e. lining them up)
让孩子无法参与的活动，如电视、视频、使用电脑、电子游戏、睡觉和/或持续使用玩具(如排列它们)

Integrating Sensory Diet: 融入感觉餐单

- TL cannot exist as a stand-alone treatment; solidify skills facilitated by listening with a core-based sensory diet program
听乐治疗不能作为独立的治疗而存在；与核心为基础的感觉餐单项目一同听乐促进巩固技能
- Postural activation, organization, and refinement of core movement patterns is the “glue” that helps changes hastened by listening hold
姿势激活、组织和核心运动模式的改进是“粘合剂”，有助于通过听乐来加速改变
- Focus on balanced flexion/extension, rotation/counter-rotation, vestibular input, and respiration
专注于平衡屈曲/伸张、旋转/反旋转、前庭输入和呼吸
- To recruit the deep core musculature, the child must work to the point of fatigue during activities
要征用深层核心肌肉组织，儿童必须在活动中工作到疲劳的程度
- If the child is holding their breath using fixing patterns, then the core is not fully activated.
如果儿童用固定模式屏住呼吸，那么核心就没有被完全激活

Working with headphones: 用耳机工作

- Remind yourself that most children have not had experience wearing headphones prior to this, so the initial newness may present as apprehension; often this apprehension is more about the headphones being “new” and “not the child’s idea” rather than an issue with tactile defensiveness.
提醒自己，在此之前，大多数儿童都没有戴过耳机的经历，所以最初的新鲜感可能表现为恐惧；通常这种恐惧更多是关于耳机是“新的”以及“不是孩子的主意”，而不是一个触觉防御的问题。
- This potential apprehension quickly fades away, especially when the therapist/caregiver does not bring any additional hesitation to the situation; be confident in your position and the child will follow your lead
这种潜在的恐惧很快就会消失，尤其是当治疗师/照顾者没有给情况带来任何额外的犹豫时；对自己的处境要自信，这样孩子就会跟着你走
- It may be helpful to integrate some of the child’s favorite toys, snacks, or even a parent when first starting with the headphones to ease the transition
当儿童刚开始戴耳机时，融入这个儿童最喜欢的玩具、零食、或是一位父母可能会对缓和的过渡有帮助

Modified Music Guidelines

调制音乐指南

Protocol: 协议

- 30 minutes each listening session
每个听乐疗程30分钟
 - 20-30 minute listening times for specified modified music albums
给指定改良的音乐专辑20-30分钟的听乐时间
- 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
- Change album every 2 weeks
每2周更换一次专辑
- 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 with the albums from Engagement category (Sensory Modulation and/or Space)
从参与类别的专辑开始（感觉调控和/或空间）
- Move next to Interaction (Core/Praxis)
移动到互动的旁边（核心/运用能力）
- Then move to Discrimination
再移动到区别
- How long you stay in each box depends on severity of issues
你在每个盒子里呆多久取决于问题的严重程度
- Always think in terms of musical complexity – albums are listed from less to more complex in the box chart
总是从音乐复杂性的角度来考虑——在方框列表中专辑按从低到高的复杂性排列
- If you move to the right and get disorganization or more regulation issues, go back to Engagement
如果你向右移动并出现了组织混乱或更多的调节问题，那就回到参与