

## **New Research Shows Music Listening Therapy Can Help People with Autism Spectrum Disorders**

*Advanced Brain Technologies announces that a groundbreaking new study provides more evidence that music listening therapy is a valuable intervention for sensory issues related to Autism Spectrum Disorder (ASD).*

Ogden, Utah ([PRWEB](#)) January 29, 2015 -- Sensory processing disorder (SPD), defined by the study as an inability to process "incoming sensory stimuli, determine its meaning, and generate a response consistent with the context," is a common component of ASD. In addition, sensory over-responsivity (SOR) is a subtype of SPD that makes it difficult for a person to process and use information they receive through their senses.

The [research](#), conducted at Idaho State University by Bryan Gee, Kelly Thompson, Aaron Pierce, Megan Toupin, and Jennifer Holst suggests that a commercially available product called The Listening Program® (TLP) can be beneficial therapy for people experiencing auditory SOR.

Developed by Advanced Brain Technologies, The Listening Program was tested over a 28-week period. The purpose of the study was specifically to determine whether TLP reduces sensory over-responsivity to auditory stimuli.

"It is hypothesised that TLP may improve auditory SOR through gradual exposure to low (0–750 Hz), mid-range (750–4000 Hz) and high sound frequencies (4000–8000 Hz)," noted the researchers. "Graded exposure to these frequencies may help children who experience auditory SOR to gradually habituate to frequencies they experience as threatening or noxious. This habituation is posited to occur through the psychoacoustically modified classical music in the program."

[The Listening Program](#) Spectrum is a sound-based intervention created especially for children and adults with sensory sensitivities in need of a therapeutic intervention, as well as people listening for wellness. Spectrum creates a healthy relationship with sound by training the brain with pleasing evidence-based music which can improve brain performance, reduce sensory sensitivities, and help people find comfort and safety in their environment.

The more traits of autism an individual has, the more sensory problems he or she reports, according to a study in the general population recently published in the Journal of Autism and Developmental Disorders. ASD is a growing issue in the U.S. The National Institute of Mental Health has noted that in 2010, the rate of ASD was higher than in past studies, around 1 in 68 children. Boys face about a four to five times higher risk than girls.

### **ABOUT ADVANCED BRAIN TECHNOLOGIES**

Founded in 1998 by Alex Doman, Advanced Brain Technologies based in Ogden, Utah (<http://advancedbrain.com>) is an innovative, evidence-based solutions creator serving people who wish to make a positive change in their lives or in the lives of others.

ABT's flagship product line, The Listening Program® (TLP) is a family of innovative, evidenced-based music listening therapy solutions. TLP is offered through a network of over 8,000 occupational therapists, speech and language pathologists, physical therapists, psychologists, physicians, as well as other clinicians and educators in over 35 countries. To learn more, visit [advancedbrain.com](http://advancedbrain.com) or call 801-622-5676.



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