

Provider Reference Document

Introduction

Success is within our reach. It's in our nature to develop ourselves and accomplish what we set our minds to do. Those who attain their goals and fully realize their potential develop their ability to focus, listen, learn, communicate, plan, organize, and manage time; all while increasing their skills, imagination, creativity, motivation and persistence.

There is a practical and effective tool for success. TLP Achieve™ was created to increase mental performance. It trains the brain with motivating evidence-based music to support sound brain fitness. It also provides an ergogenic “work enhancing” effect to help people achieve in areas of their lives where performance matters most—family, school, career, and personal endeavors.

Music has long been known to support achievement. Consider, for example, the advice offered through the lyrics of a familiar 1937 song, “Whistle while you work. Come on, get smart, tune up and start to whistle while you work.” Yet we know it takes more than whistling a happy tune to obtain what we want. It takes learning, skill and effort. Achievement involves inner awareness, ideas, imagination, drive, planning and communication.

TLP Achieve is a specialized program within The Listening Program® family of evidence-based solutions. It takes the connection between sound and performance success to a new level through its progression of music specifically designed to stimulate brain change and make goal attainment easier.

Neuroscience research has validated the brain's plasticity; its natural ability to change itself in response to stimulation throughout the life span. Moreover, research is finding that specific music training helps brain structures become more efficient in processing information. Musical experience has been shown to improve human brain function for the processing and detection of subtle changes in tone and timing used in both speech and music. The effect of sound/music-based programs on acoustic skills needed for language, learning and reading has been the subject of ongoing study. While the relationship of music and language has received longstanding recognition and increased investigation, French ENT Alfred Tomatis, MD clinically observed relationships between functional abilities and ranges of sound frequencies. Further, he demonstrated the ability to increase performance in functional skills through sound-based training.

TLP Achieve offers all the benefits you have come to expect with The Listening Program. It provides a music frequency focus within the mid and mid to high frequency ranges of human hearing. These frequency bands were identified by Tomatis to support many of the functions

essential to performance success including attention, concentration, memory, listening, language, planning, ideas, ideals, creativity and energy.

A tool for peak performance, self-improvement, wellness, and remediation; TLP Achieve was developed for children, teens, adults, and the elderly who need support or want to increase their abilities in auditory processing, communication, executive function, creative expression, and personal development. It is also intended for those who want to increase energy, motivation, and musicality.

Key Information

TLP Achieve™ is a highly specialized program developed as the primary listening training for people with a good sensory foundation who want to focus their listening on improved auditory processing, communication, executive function and creative expression.

It introduces new music and neuroacoustic processing, a graduated listening sequence, and extensive use of energizing mid and mid-high frequency sounds which increase focus and energy.

The foundation is original High Definition recordings of classical music performed by the award-winning members of the Arcangelos Chamber Ensemble. The music is enhanced by ABT's Spatial Surround® production process and Dolby Headphone® audio encoding. These technologies are optimized to develop the listener's awareness of his/her spatial environment. Newly created Active Listening Training™ also helps develop awareness of and comfort with sound in space (see page 4).

The listening sequence includes frequent, incremental changes in the intensity of sound frequency, volume dynamics, and spatial training in a refined sequence occurring throughout each week. This is a result of years of experience with TLP Level One. It provides the just right level of training challenge and sufficient novelty to stimulate brain plasticity with balanced sound input. TLP Achieve is anticipated to be the ABT program of choice for people who desire a strong foundation for academic skills, communication, career performance, and creativity.

TLP Achieve is available in two system options; iPod nano with the ABT Bone Conduction Audio System™ or with ABT approved air conduction headphones. Each comes with the 200 module Achieve program, 4 preparatory modules for headphone training, and a TLP handbook. Note that there are no nature sounds in TLP Achieve.

Training Progression

TLP Achieve™ includes 200 modules in the Blue, Green, Orange, and Red treatment zones.

Zone	Filter	Music Frequency Focus
Blue	Unfiltered	full/ 20 Hz-20 kHz
Green	low-pass	low/ 20 Hz- 1.5 kHz
Orange	band-pass	mid/ 500 Hz- 5 kHz
Red	high-pass	mid-high/ 750 Hz - 20 kHz

The training progression guides the listener through the following sequence.

Cycles 1 & 2		Cycles 3 & 4	
Zone	Modules	Zone	Modules
Blue	001-020	Orange/Red	200-101
Green	021-040	Orange	100-041
Orange	041-100	Green	040-021
Orange/Red	101-200	Blue	020-001

Different levels of filtration and spatial processing are introduced as the listener progresses day by day, week by week, gradually increasing intensity through each zone. Cross training is presented in modules 101-200, with each ten modules alternating from Orange and Red zone (mid and mid-high) to Red zone (mid-high) frequency music emphasis. This training of frequency contrast supports refined auditory discrimination skills while adding further novelty and interest to the listening experience.

The TLP Achieve protocol should be followed for at least two cycles (50 hours) and up to four (100 hours), using the Extended, Base, Condensed, or Advanced schedules. It also will serve well as a maintenance protocol to support the long term needs of the achievement-based listener. Program modifications, when needed, can be made by decreasing or increasing training duration within any zone.

Listening logs are available on the Advanced Brain Technologies website at advancedbrain.com.

Neuroacoustic Processing

Music

The musical foundation of each module is original, High Definition recordings of beautiful and pleasing classical music with compositions from Mozart, Haydn, Vivaldi and Danzi, performed by the award-winning members of the Arcangelos Chamber Ensemble.

ABC Modular Design™

Each module follows Advanced Brain Technologies exclusive ABC modular progression, which takes the listener through multiple levels of sound training in 15 minutes.

The modules include seamless tempo entrainment, and transitions within; musical complexity spatial training, frequency focus, and volume dynamics. These move through a sequence of low-moderate-high-moderate-low intensity training, which provide a balance of stimulation and grounding to support self-regulation.

Active Listening Training™ (ALT)

Active Listening Training™ is offered in TLP Achieve™. This process is exclusive to The Listening Program® and was created to improve attention, frequency and volume discrimination, spatial awareness and sound localization.

ALT eases people into listening by using a spotlighting technique to bring attention to one instrument in the 360 degree spatial field for short durations of time, then progressively spotlighting others through changes in instrument volume and timing throughout the module. This offers a constant spatial reference to help the listener better understand his/her position in time and space, and serves as the foundation of the spatial progression in TLP Achieve.

ALT modules include no filters, audio bursting, or Spatial Surround® Dynamics; which makes them the ideal beginning of the TLP Achieve program.

Active Listening Training Sweeps™ (ALT-S)

Also exclusive to The Listening Program®, Active Listening Training Sweeps™ build on the ALT process by adding filtered music to the module.

There are two types of ALT-S modules. The first gradually sweeps from full spectrum to filtered and back to full spectrum music over the course of an entire module. The second type sweeps over the course of each of the three, five minute phases within the module. Active Listening Training Sweeps provide the listener with a gradual introduction to filtered music. At each point in the program a new level of filtered music is introduced, it is done through ALT-S modules.

ALT-S modules include no audio bursting or Spatial Surround® Dynamics.