

## Case Study – The Listening Program®

### Benjamin, Age 7, Central Processing Disorder (CAPD)

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Name: Benjamin  
Gender: Male  
Chronological Age: 7  
Clinical Diagnosis: Central Auditory Processing Disorder (CAPD)

### BACKGROUND

Benjamin had a slight language delay as he developed a twin language with his brother, which they used to communicate with each other. All other developmental milestones were normal. At school Benjamin was initially in an open plan classroom and the noise level of more than 60 children made it impossible for him to focus on anything. He also experienced difficulties with the noise level when a concert was performed at the school.

### TREATMENT

Benjamin has been carrying out a primitive reflex inhibition exercise program along with his listening.

### PROGRAM IMPLEMENTATION

Benjamin began the TLP Kit following the Base Schedule of listening 15 minutes twice a day, five days a week. He also completed two weeks of the Sensory Integration CD on the same schedule. Benjamin complied well with his daily listening and exercises. This was likely helped by the positive reinforcement incentives applied by Mom.

### PRE/POST TLP

Post testing carried out to determine the degree of success of the program included:

#### QNST-2: Quick Neurological Screen Test, version two

When using the QNST-2 we noted that there has been improvement in some of the sub-tests with his overall score being more elevated than previously.

#### Primitive Reflex Testing – Institute of NeuroPhysiological Psychology

Primitive reflex testing showed moderate improvement in three areas. These improvements may be seen in his ability to:

- Grasp a pencil in a more mature way
- Express himself more clearly in written form (handwriting)
- Sit still for longer periods of time
- Remain focused longer

Spelling and Reading Ages (performed by Ben's teacher)

Spelling

Term 1: raw score 16, spelling age 7 years, 4 months

(Chronological Age 6 years, 9 months)

Term 4: raw score 29, spelling age 8 years, 1 month

(Chronological Age 7 years, 5 months)

Reading

Term 1: raw score 29, reading age 7 years, 7 months

(Chronological Age 6 years, 9 months)

Term 4: raw score 50, reading age 9 years, 11 months

(Chronological Age 7 years, 5 months)

*The most significant change is Ben's reading ability with a growth of 28 months over an 8-month time frame.*

Scan-C Test	Pre TLP	Post TLP
Filtered Words	31	35
Auditory Figure Ground	27	32
Competing Words	7	37
Competing Sentences	7	10

Ben's standard score pre TLP was 75, placing him in the 5% ranking.

Ben's standard score post TLP was 108, placing him in the 75% ranking.

*This assessment showed outstanding improvement with a greater score in all four of the subtests. This would indicate that his receptive listening skills have been enhanced and as a result, as noted by myself and by his teacher, his expressive language has improved.*

## SUMMARY OF CHANGES

Benjamin's teacher reported many changes for him during the course of his listening. She said he exhibited more eye contact and had more upright body posture. In class he exhibited less wiggling and was able to stay in his seat more. He was less overwhelmed with an improved attention span. He began to sing more and play with his voice. He was speaking more clearly and was better at reading aloud.

Benjamin became better at communicating and had more appropriate interaction with adults and his peers. This led to new interests and new friends and he has shown more independence and increased self confidence. He is more patient, more calm and relaxed, and in general exhibits improved mood. He is gentler with people and animals. He has more of a sense of humor.

Benjamin's sound sensitivity has decreased. He is more motivated and has a better short term memory. His sequencing and spelling have improved. He is more focused and is better at beginning and completing projects.

Benjamin's Teacher: Overall there has been an improvement in all areas both socially and academically for Ben. He is still a little unpredictable in his social interactions with others. He is noticeably better at settling into tasks and completing these on time.

Benjamin's Mom: Overall I have been very pleased with the benefits that the program has made for my son. I feel that my goals for his listening were met and that Ben has shown improvements in his schooling and day to day behavior.

## FOLLOW-UP RECOMMENDATIONS

Following a well-earned two week break Ben will begin cycle two with TLP Kit CD's 5-8, listening to each CD in sequence, 5, 6, 7, 8 for two weeks, 15 minutes twice a day, 5 days per week.

End of Case Study

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