



The Learning Gym
2009 Cedar Ave. Manhattan Beach, Ca. 90266
310-546-8583

Berard Auditory Integration Training (AIT)



Many children and adults exhibit the following problems:

- Poor attention
- Poor auditory memory
- Misunderstanding of auditory information
- Overwhelmed by environmental distractions
- Fluctuating ability to process auditory input
- Inability to follow auditory directions
- Over or under sensitivity to certain sounds
- Poor sequencing skills
- Processing delays

Too often the underlying causes are left unexplored and untreated.

These difficulties can signal delayed development in sensory integration, auditory perception and auditory processing. This in turn interferes with the ability to accurately interpret the surrounding environment and affects overall behavior, social skills, and academic performance.

THE BERARD AIT METHOD

An effective intervention for enhancing foundational abilities!

It has been successfully used to help individuals with:

- Attention Deficit Hyperactive Disorder (ADHD)
- Autism
- Dyslexia
- Hyperactivity
- Learning Disabilities (LD)
- Language Impairments
- Pervasive Developmental Disorders (PDD)
- Central Auditory Processing Disorder (CAPD)
- Attention Deficit Disorder (ADD)
- Depression

Distortions in hearing can be a significant contributing factor in these conditions and include hearing that is disorganized, erratic, asymmetrical, hypersensitive, or otherwise abnormal.

Berard AIT was designed to normalize hearing by changing the way the brain and auditory system processes information.

For more information: www.DrGuyBerard.com

Listening Session Schedule: The auditory integration training sessions will consist of 10 hours of listening, provided in 30-minute sessions over a period of 10 to 12 days. There will be a three hour minimum time period between the first and second sessions of each day. After the first ten sessions (or 5 days), the client is required to obtain a mid-point listening test at the Learning Gym before she or he can continue training. A break of only one to two days is permissible but only after the first 10 sessions (first 5 days). Schedules will be made in advance and any unscheduled break will need to be discussed and approved by the AIT practitioner.

Assessment Schedule: An initial Listening Test at the Learning Gym is required prior to starting. It is also *suggested* before starting the program that you obtain an audiological workup with an audiologist. The program also requires a midpoint listening assessment at the Learning Gym that must be done *at least 2 hours after* completion of the 10th session (end of 5th day), or *prior* to starting the 11th session, or the beginning the sixth day of training. A Post listening test at the Learning Gym should be scheduled within one day to a week after completing the program. Post assessment will include a visual and auditory attention test, the SCAN test for auditory processing, Test of Auditory Perceptual Skills (TAPS) and a final listening test. The Attention test should be scheduled 6 weeks from the end date of the program. The SCAN & TAPS will be 3 months from the original assessment date.

Challenging/Transitional Behaviors: Some of the *temporary* side effects an AIT client may experience include: fatigue, hyperactivity, emotional outburst, anger, irritability, disorganization, regressive behaviors, dizziness, headaches, and a sense of independence in situations where a child should not be left unattended.

Positive Responses: The client may experience long-term changes in the following areas: Hearing perception, listening, speech, language, reading, spelling, writing, auditory processing, sensory integration, motor skills, self-confidence, socialization, improved sleep, and a more varied diet.

Preserving AIT Benefits: The AIT client should avoid use of headphones at **all** times following training. If they choose, they can wear headphones around their neck but absolutely not covering their ears. The client should always take measures to protect their ears when exposed to very loud sounds; for example, fireworks, concerts, sporting events, fire drills, etc. These measures include use of professional grade “ear muffs” when anticipating such exposure or in the event of an unplanned situation, covering the ears tightly with hands.