

Auditory Stimulation and Training (AST): Comprehension (60 session program)

Auditory Stimulation and Training (AST) is a combination of Samonas Sound Therapy and directed audio-vocal training lessons.

Alfred Tomatis, M.D., the original pioneer and researcher in the field of sound therapy said that the voice cannot reproduce what the brain cannot hear. People who frequently mispronounce words, have low energy, get confused or misunderstand when listening, have difficulty sounding out words, or speak with poor inflection or a monotone voice typically have poor listening skills.

AST- Comprehension is a 20 week program with 60 directed audio-vocal training lessons that specifically address the auditory skills needed for good listening and processing of auditory information.

Critical underlying skills for comprehension are embedded into the lessons . These include:

1. Getting a clear message: accurate discrimination of sounds and symbols; auditory memory; hearing the flow and intonation of the language; attention to detail.
2. Visualizing while listening or reading: People who comprehend well “make a movie” in their head as they read or listen. It is not possible to remember every word that is heard or read, but if the language is stored as images, the content and meaning can be retained and remembered easily.
3. Understanding the gestalt, or whole idea of material heard or read and seeing how the details fit into the big picture.
4. Understanding the story grammar, or the key content elements in material. This includes the *who, what, when, where, and main idea*.
5. Analyzing and answering questions: Learning to visualize and analyze various types of comprehension questions and to understand exactly what the author is asking.
6. Verbal Problem Solving: Applying visualizing and analyzing skills in order to understand vocabulary, relationships, and subtleties for problem solving.
7. Applying verbal reasoning to analyze questions and answers for smart test taking.