

Auditory Stimulation and Training (AST): Reading (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-Reading 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 reading, including working memory, phonemic awareness, decoding, visualized spelling, visual attention to detail, auditory-visual synchrony, and reading fluency are *embedded* into the lessons .

An optional spelling component is also ***included*** for ***each*** AST-Reading lesson.

In order to be a good speller, a person must be able to think about the number, order, and identity of sounds in words, as well as visually remember what words look like. The spelling component of AST-R utilizes a visual spelling strategy to help students think about what words look like, while reinforcing the phonetic content of the AST-R lessons.

Sentence dictation allows students to apply spelling to writing and gain practice with language, grammar, punctuation, and capitalization skills. A specific proofreading strategy is applied to all sentence writing.

The lessons are all scripted which makes implementing, training, and monitoring ***much*** simpler.