

Chris: Welcome back to weekend sunrise. What do you do if your child has ADD or ADHD or any other behavioural difficulty? Most parents usually medicate with varying degrees of success.

Lisa: But alternative therapies are also available, one uses the power of Mozart, its called sound therapy and it's gaining enormous popularity. Rafaele Joudry is a practising sound therapist and she joins us this morning along with Marie Dent and her daughter Alyssa. Good morning to you all and thanks for joining us.

Marie: Good morning

Lisa: Now Rafaele what is sound therapy?

Rafaele: Well, in a nutshell, sound therapy is a listening program using sound to therapeutically recharge the brain and stimulate and exercise the ear.

Lisa: Ok

Chris: How specifically does it help kids with ADD?

Rafaele: Well, with conditions such as ADD, Dyslexia, all the learning disorders, it helps with auditory processing, and it improves, first of all it improves the function of the ear by exercising the ear muscles, stimulating the sensory cells in the inner ear, and that stimulation is then passed onto the brain, and it stimulates the whole auditory pathway, so it helps build brain connections, makes stronger connections between different parts of the brain, so the way we deal with sound is more efficient, and it helps children who have any kind of listening disorder that's making learning difficult for them.

Lisa: Ok, Marie can you tell us about Alyssa. How did sound therapy work for her. What was the original diagnosis in fact?

Marie: Ok, she was diagnosed with having auditory processing disorder, and which means that she can hear the sounds but no process them that well, and with the sound therapy it's helping with her reading, and listening and things like that.

Lisa: So, it was causing problems with speech was it?

Marie: Speech, originally was the first issue that was noticed.

Lisa: And it's made a big difference?

Marie: It has, yes.

Chris: So lets take a listen to the type of music Alyssa was listening to. There you go you would recognise this Alyssa. Now can you tell us what you were feeling when you listened to the music?. (asking Alyssa)

Alyssa: I noticed my listening improved and stuff.

Chris: It did improve?

Alyssa: Yes

Chris: And did it improve your speech?

Alyssa: Yes

Chris: Marie, and you say you noticed a big difference there, what first alerted you though, right at the beginning to the power of this potential therapy, how did you hear about it.

Marie: I've heard about it for ages. I suppose initially I went to a course a while on it, ages ago, but initially I was sort of reluctant to try it because a lot of the sound therapies that you go to are so expensive, and then I happen to read the book and I thought Ohhh you can do it at home just through the walkman and headphones and its just so much cheaper.

Lisa: And how often does Alyssa listen to it, is it while she's sleeping or studying?

Marie: During the holidays she listens to it every day, like nearly all day, because she can just have it on and do her normal thing, and now it's mainly when she's asleep.

Lisa: Alright. Rafaele this is medically recognised, it's proven to work.

Rafaele: Oh Yes, it was developed originally by an ear, nose and throat doctor, Dr Alfred Tomatis, and its been used by many different professions, such as Audiology, Speech Pathology, Remedial Education and its being more and more recognised because of its great benefit as an addition to all the other therapies for learning difficulties.

Lisa: That's great news.

Chris: Rafaele, Marie, Alyssa, thank you so much for coming in this morning and informing us about this, there are more details available on our website.