



## GUIDELINES For Your Submissions to MARCI® Magazine:

*Submissions include ARTICLES, ARTWORK, and POETRY*

Your **Name** and **Contact** information (email, phone number, mailing address).

Word length of finished article should be between **500-1200 words**.

Submissions should reflect the "Theme or Topic" of each edition. **We welcome diversity.**  
Send us your thoughts and ideas to: **literaryhmn@HolisticMentorshipNetwork.com**

Include a **brief bio** with your submission (*a photo of yourself is optional*)

Any photos must be in JPG format with resolution of 300 dpi or higher

If we decide to use your submission, we will contact you.

Please remember that ANY submission may be subject to editing or alteration, due to size or space constraints, with the exception of paid advertising.

# Exploring Sound Therapy For the Developing Child

Teachers often complain that listening is the weakest skill for most students, yet listening is a function of our body's response to sound. Sounds are not only speech sounds, so there is more to listening than attending to our teachers. Sounds are all around us. Our body receives sound via our ear, but also through our bone structure and our cell structure. Sound relates to our basal body rhythms such as our heart rate and breath stream and sound vibration goes to our core. Our ear is our only sensory system that is fully functioning in *utero* and therefore the important starting place for developing listening skills. A baby's ear is developed at 4 ½ months in utero and the neurological system is

myelinated at 7 months. The baby is listening to the mother's heart-beat, respiration, and vocalizations during the pregnancy and becomes comfortable and familiar with those sounds. Because the birthing process is often traumatic to the baby, the mother's voice, because of its familiar tone and rhythm, is soothing to the baby at birth. If the mother's voice is introduced at a filtered level imitating the sounds within the utero, the baby often has an immediate response of feeling reassured. When the mother listens to a sound therapy program during the pregnancy, the benefits are shared with the infant.

The effects of a sound therapy program for the mother are many:



by

**Dorinne S. Davis,**  
MA, CCC-A, FAAA, RCTC, BARA

- A soothing effect of her entire body that supports decreased levels of anxiety, tension, depression, and fear
- An increase in creativity
- A reported easier delivery
- An increased connection with the baby
- A decrease in back pains
- Peaceful and positive dreams

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## EXPLORING Sound Therapy... *continued*

These effects come about by re-patterning how the mother processes sound vibration. A **Listening Training Program** creates a connection between the *Vagus* nerve and the ear, which shares the mother's heartbeat, breathing, and body sounds with the fetus. The mother and child also share a connection with the transmission of sound by bone conduction through both bodies. Humans process sound through the air in the ear canal, through the bones of the body and through their connected cell structure. For the baby in utero, bone conduction is important for sound stimulation. In a study done in Italy, the baby's right ear is placed against the mother's spinal cord before descending down the birth canal, thereby supporting the baby's need to process through bone conduction before entering the world. Because the sound program is enhancing the baby's beginning developmental stages, mothers have reported their babies to demonstrate:

- A lack of tension and anxiety as they grow
- Better sleeping patterns
- An ability to go easily to other people
- A natural appreciation for classical music.
- Enhanced communication skills
- An inner peacefulness and less reactivity
- A feeling of security in their relationship with their mother

A study administered in 1988 in France at the *Hospital Foch de Suresnes* reported that pregnant mothers were more relaxed and had increased energy levels.

Other outcomes reported were:

- A decrease in labor time
- A decrease in the need for instrumentation support during delivery, i.e., forceps, suction cups, etc.
- A superior birth weight when compared to gestational age
- The babies recouped better and faster than other babies

All of our body's senses are also stimulated with **vibrational** sound stimulation through the ear. The vibrations are then sent through the central nervous system, circulatory system, and soft tissue network, so that sound impacts the entire body, which means our entire body's response to sound impacts our listening skills.

Before a child learns to produce speech sounds, they begin to respond to sounds in their environment. They respond to their mother's voice, a dog's barking, or children crying. These sounds imprint the developing brain with rhythm, inflection, pitch, intensity changes and more. In this way, sounds prepare the way for the ear to respond to incoming speech sounds.

Then, differences in the pitch of people's voices, the inflection of meanings of words, and the rhythms of speech patterns all help establish the foundations for understanding future content of the spoken word.

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## The MARCI® Community Corner

### Q & A Section

Do you have a question you would like to ask one of our Professional Members regarding a modality or other holistic matters? Send your questions to [literaryhmn@HolisticMentorshipNetwork.com](mailto:literaryhmn@HolisticMentorshipNetwork.com)

### Letters to the Editor

Have something to say about the contents of MARCI®. We would love to hear from you. Please send your thoughts to [literaryhmn@HolisticMentorshipNetwork.com](mailto:literaryhmn@HolisticMentorshipNetwork.com)

*We reserve the right to edit all submissions.*

### Book Review

Please give a brief testimonial why you would recommend this book. **Members Only.** Please send your review to [literaryhmn@HolisticMentorshipNetwork.com](mailto:literaryhmn@HolisticMentorshipNetwork.com)

## EXPLORING Sound Therapy... *continued*

Mastering listening skills includes developing auditory perceptual skills such as auditory detection, discrimination, recognition, sequencing, and memory. The blend of these skills allow for vocabulary development, proper grammar skills, future reading skills, and the ability to listen in background noise. These skills, when weak, can be enhanced by *repatting* how the ear responds to surrounding sounds. The best time to repattern these skills is during the preschool years, as the brain is still growing; yet the skills can be repatterned at any time during one's lifetime. This can be done with repetitive activities that exercise the specific weaknesses over a long period of time, thereby making brain change.

**Dr. Alfred Tomatis**, over fifty years ago, discovered the *Tomatis Effect*, a set of three laws that established a **voice-ear-brain** connection. These laws were proven in 1957 at a presentation of the French Academy of Sciences. These laws were the foundation for



the Tomatis Method, a method of sound presentation that impacts many developmental, emotional, and wellness issues, but especially helps listening.

In 2004, D. Davis presented to the Acoustical Society of America, two additional laws that support a connection between the voice, the ear, and the brain. These laws are now known as *The Davis Addendum to the Tomatis Effect*.

When the connections between the voice, the ear, and the brain are not functioning well, sound-based therapies can be used to create positive change.

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What Are  
People Saying  
About  
MARCI® ?:

**“MARCI is a great tool in looking at an industry that needs to be tended to by looking within our own gardens and within an industry that needs to come together rather than segregate, which we have seen happen within families, communities, and within a world that is so diverse.”**

—HMN Member

## EXPLORING Sound Therapy...

*continued*

*The Tree of Sound Enhancement Therapy*® has become a developmental flow chart for the correct administration for any sound-based therapy. Listening skills can be enhanced with proper reception of incoming sound input. A test battery called the Diagnostic Evaluation for Therapy Protocol (DETP®) has been designed to determine if, when, how long, and in what order, any or all of the many sound-based therapies can make positive change for the individual.

Depending upon the outcome of the evaluation, and following the design established with *The Tree of Sound Enhancement Therapy*, therapies such as Auditory Integration Training, The Tomatis Method®, The Listening Program®, and Bio-Acoustics™ can be used to enhance development and listening skills. Good listening skills are essential in helping each child develop; however,

a child's total response to sound in general helps them develop to their fullest potential. Some day in the future, sound-based therapies will become an important part of all children's developmental process.

Dorinne S. Davis, MA, CCC-A, FAAA, RCTC, BARA, is the President/Founder of The Davis Center, Succasunna, NJ. She is the author of 4 books: *Sound Bodies through Sound Therapy*®, *Every Day A Miracle: Success Stories with Sound Therapy*®, *Otitis Media: Coping With The Effects In The Classroom*, and *A Parent's Guide to Middle Ear Infections*. She has demonstrated the scientific principles behind the Voice-Ear-Brain Connection in *The Davis Addendum*® to *The Tomatis Effect*, and established *The Tree of Sound Enhancement Therapy*® from which her *Diagnostic Evaluation for Therapy Protocol (DETP*®) provides the correct administration of any sound-based therapy. Her work provides the foundation of *The Davis Model of Sound Intervention*®. The Davis Center is considered the world's premier sound therapy center and Ms. Davis is recognized as the world's leading sound-based therapist. Websites discussing her work are [www.DorinneDavis.com](http://www.DorinneDavis.com) and [www.thedaviscenter.com](http://www.thedaviscenter.com). She can be reached at [ddavis@thedaviscenter.com](mailto:ddavis@thedaviscenter.com)

## Elusive Musings

Elusive musings sail on by  
A cosmic wind at their back  
propelling them towards a  
distant harbor where  
they can take anchor and  
garner strength  
growing into a possibility

Others aimlessly follow the  
ocean currents  
content to drift  
gently rocking back and  
forth,  
in unison with the unceasing  
ebb and flow of the sea  
never reaching the land of  
imagination

Some will be recycled  
within the thought stream of  
idyllic musings  
awaiting the day greater  
inspiration appears and  
carries them off into  
unknown probabilities

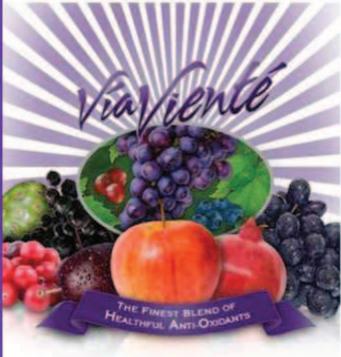
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Sarah M. Collins, HMN member, is a prolific writer, poet and healer. Her book of poems *Soul Perception* will be published in 2009. Visit her website [www.WellnessCareToday.com](http://www.WellnessCareToday.com) for more info about Sarah and her healing work.

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