

Helping Your Child Achieve Vitality & Balance Through Sound-Based Therapy



By Dorinne S. Davis

Your child leaves for school with a hug and a kiss, a balanced lunch in his lunch box, his homework done, and a feeling that the day will be a good one! Or at least that is what you hope happens. Each of us wants the best for our children, but sometimes we worry that once they're in school, we don't know what struggles occur that affect them, which in turn affects their learning, development, wellness, and overall vitality. Perhaps your child doesn't always listen well to the teacher's instructions, or has difficulty with his reading skills, or has difficulty staying focused or on task, or has difficulty making and maintaining friends, or finds handwriting tasks difficult, or needs to move around a lot versus staying in his seat. These are all responses that deplete your child's vitality and demonstrate that his overall functioning is not balanced.

How can you ensure that your child maintains his balance? Consider an alternative approach that uses sound-based therapy. The Davis Model of Sound Intervention incorporates the use of sound-based therapy based upon a flow chart known as the Tree of Sound Enhancement Therapy®. Within this model, three key components are important:

1. There is a connection between our voice, ear, and brain that keeps us feeling balanced and whole.
2. Every cell in our body is a vibrating, resonating entity and must be "in tune" to maintain our vitality.
3. Our ear stimulates all of our body senses, not just hearing.



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The Tree analogy is used with a diagnostic evaluation to determine if sound-based therapy can support positive change in our vitality, allowing us to feel in balance. The Tree analogy includes hearing function, sound processing skills, auditory processing skills, academic skills, body rhythms, and overall health and wellness. Weak skills evidenced on the test battery then can be addressed with specific, individualized sound-based therapies. This test is known as The Diagnostic Evaluation for Therapy Protocol (DETP®).

What Does Being Balanced Mean?

First, a child must hear all sound (not just language and speech sounds) clearly and precisely. The ear should be healthy and receptive to positive sound input to not only the hearing center of the ear but also the balance center of the body, which is in the ear. Just because your child has passed his hearing test doesn't mean that his body is balanced—because he can be unbalanced if he hears too much sound (which doesn't show up on a school hearing test typically). This can be re-patterned if out of balance.

Second, children must be able to actively listen to what is going on around them. This means tuning in to what is being said, clearly distinguishing between the sounds of what is spoken, and being able to incorporate the rhythms/patterns of speech into their comprehension. This step is key to being in balance because we process sound not only through our ear canals but also through the bones of our body, our sensory system, nervous system, and circulatory system. We resonate! Also at this step is our ability to demonstrate that our voice supports what we've processed through our ear. Our voice produces what our ear hears, so if your child's voice demonstrates some irregularities in inflection, patterns, tonality, and so on (and sometimes you just hear it in his emotional voice), these irregularities can be brought into balance. If your child has a problem paying attention, comprehending what he reads, following through with in-

structions, or staying seated, then this step may be an important one to balance.

Third, children need to remember tasks, listen with a lot of background noise, understand the individual speech sounds required in reading, learn how to put the sounds together by sound and pattern to form words, and know how to put things together in a sequential order. Each child must be able to distinguish the specifics of integrating each individual sound task into a whole at this level so that the foundation is in place to advance toward being able to read, write, spell, and listen well. These skills cannot develop well if Step 2 hasn't been met.

Fourth, our child's wellness should be maximized. Maximum learning is only accomplished with maximum wellness, or by being in balance. That doesn't mean that your child won't learn when he is out of balance; he will. But if a child's body is actively working on trying to deal with an illness, for example, his body is not actively working entirely on the learning process. Every cell in our body emits a specific sound, and our entire body's sounds work as a mathematical matrix of predictable frequency relationships. It is important to know how the mathematics of these body sounds is balancing the personal body sound equations in order to determine if the body is in balance. Balance supports wellness. If the math equations are not in balance, the body is not in balance or in tune; the good news is, however, that analysis makes it possible to tune them up.

Frequency, Duration, and Intensity

Sound-based therapies are intensive! They cannot be administered weekly. All sound-based therapies must be done with frequency, duration and intensity—meaning that they need to be done daily for a specified period of time with an intense specific stimulus. This is the only way to make brain change. When the brain changes because we have repatterned the sound energy patterns of the body, the body then changes, functions and responds more appropriately. When children with special needs use sound-based therapy, the therapies need to be done for longer periods of time because the body has more to change. The child who is simply struggling in class because his attention is off, or who finds reading is a challenge, can often use the basic approaches of the many different sound-based therapies to make positive change. These therapies work on rebalancing how the body receives and uses any form of sound input. Once your child is rebalanced, you will have fewer worries about him as he leaves for school in the morning. He will handle life's situations better. The vital child is present because he is balanced from the benefits of sound-based therapies.

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