

## COMBINING & CUSTOMIZING PROGRAMS

The Focus programs are designed in a hierarchy based on frequency content, going from a focus on low frequencies (Zone 1) upwards to Zones II and III. Each program contains a range of frequencies from ALL zones, but the emphasis, or time spent in each zone, gives each program its distinct design:

**Optimal Performance I and II** (24 sessions each)

**Reading/Auditory Processing** (40 sessions)

**Concentration/Attention** (40 sessions)

**Sensory Motor** (60 sessions)

**When combining 2 complete programs**, e.g. for a child presenting with concentration and reading problems, we recommend beginning with the program lower on the hierarchy. The rationale here is easiest explained using the house building metaphor – build a strong foundation before you work on the upper levels of the structure. So, if you want to combine Concentration/Attention and Reading/Auditory Processing, you should begin with the former.

**If the goal is to add more sensory motor** to, say, the Reading/Auditory Processing program without committing to a combined program of 100 sessions, we suggest beginning with a Preparatory Program. Preparatory Programs are very gentle and rich in SMBW and FSM and, therefore, serve as a very good introduction for other programs (the exception being the Sensory Motor program which already has a long SM preparatory phase). The Total Focus comes loaded with 2 Preparatory Programs – one with and one without Gregorian chant – as well as a Calming Program (which can double as a Preparatory Program). The Focus 200 includes either a 10-session Preparatory Program or the Calming Program.

**Example #1:** A child with mild attention and reading difficulties

One option is to do the first 20 sessions of the Sensory Motor Program followed by the Concentration/Attention program; and then, if time allows, continue on to the Reading/Auditory Processing Program. However, a shorter option can be implemented if the child responds well to the first 20 sessions of the Sensory Motor Program and seems to be focusing better. You could omit the Concentration/Attention Program and proceed directly to the Reading/Auditory Processing Program.

**Example #2:** An adult with attention difficulties, sleep problems and fatigue

One option is the Preparatory Program followed by Concentration/Attention. A 2nd option would be combining two programs: first, the Preparatory Program, followed by Concentration/Attention, which is then followed by Optimal Performance 1. If fatigue is the most dominant symptom, a preferable solution could be a Preparatory Program followed by Optimal Performance 1.

**How to shorten a program:** The new Total Focus Series programs are longer, which allows for additional listening but might need adjusting for clinic or school use. The cleanest way to shorten a program while retaining the design flow and objectives is to, in general, skip every other session, i.e. do only the odd or even numbered sessions.

Thus, a 40-session Concentration/Attention or Reading/Auditory Processing Program becomes 20 sessions. ***The exception to this is the Sensory Motor Program.*** The first 20 sessions of the SM Program are rich in FSM and SMBW. Likely, the child is on this program because the sensory motor bandwidths are believed to be beneficial. Therefore, reducing the first 20 sessions is not usually recommended. In this case, completing the first 20 sessions and then doing every other (or even every third) session can work quite well.

When considering shorter programs please bear in mind one basic fact we have learned over the years: the longer and more intense the program, the better the results. Several children on the spectrum or with significant developmental delays actually complete the Sensory Motor Program three or four times over the course of a year for maximal benefit.