



iLs TOTAL FOCUS SERIES PROGRAMS (Aug 2009)

OVERVIEW	
Music, Programs, Combining Multiple Programs	p. 2
PREPARATORY PROGRAMS	
With Chant, Without Chant, Calming	p. 4
SENSORY MOTOR PROGRAM	
Detail Sheet – 60 sessions	p. 5
CONCENTRATION & ATTENTION PROGRAM	
Detail Sheet – 40 sessions	p. 6
READING/AUDITORY PROCESSING	
Detail Sheet – 40 sessions	p. 7
OPTIMAL PERFORMANCE FOR TEENS/ADULTS	
Detail Sheet – Phases I & II, 24 sessions each	p. 8

OVERVIEW

The Focus Series is designed for use in a variety of environments, including clinic, school or home. With over 800 tracks of music, these programs are not meant to be managed on a track-by-track basis; however, they can be customized in many ways. The overview below includes descriptions of the music, the programs, how to combine the programs and the Detail Sheets for each program.

THE MUSIC

Generally speaking, the music choices are based on criteria established by iLs, as influenced by Dr. Tomatis, and tested through years of clinical application. We have personally selected music from Mozart's repertoire that includes his later symphonies, the violin concerti and a number of serenades and divertimenti. These were chosen for their aesthetic value, as well as for the rich high-frequency content from the strings. We have also included Vivaldi, Bach, Beethoven, Strauss, chant and plainsong.

The musical pieces have been carefully selected for their dynamic range, specific frequency content, rhythm, production quality and musicianship. The range of selected music includes symphonies, concerti, waltz, cello suites, as well as chant. The symphonies do include tympani, brass and woodwinds to complement the range of instruments that provide even more depth and richness to the compositions.

Gregorian chant and plainsong are chosen for their calming and relaxing effect. Given that the rhythm of the music is sung on the breath, rather than counted out in a fixed meter, chant has the effect of calming heart rate and respiration. Typical Gregorian chant is sung by male voices, whose low frequencies generally create a restful, 'grounding' response, particularly for those who are stressed, anxious or become somewhat tense listening to more highly-filtered music. Yet, some young children prefer female voices over deeper voices of the male chants, and for this reason ancient music sung by females is available as an alternative. Chants are the only pieces not gated in the Focus Series.

FOCUS SERIES PROGRAMS

The Total Focus comes loaded with the following programs:

- **4 Receptive Programs, 1 Expressive Language Program**
- **2 Preparatory Programs, 10 sessions each, rich in low frequencies for use as preparatory phase before beginning a full program – one with Gregorian chants, the other without (for those preferring no vocals or religious association)**
- **1 Calming Program – a gentle, relaxing program for all ages**
- **Extra tracks – 1 hour of SM tracks, 1 hour of Communication tracks**

The Focus 200 comes loaded with the following:

- **2 Receptive programs of choice**
- **1 Preparatory Program (10 sessions)**

The Focus 100 comes loaded with the following:

- **1 Receptive program of choice**

- **1 Mini-Preparatory Program (5 sessions)**
- 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 (48 sessions)

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 a 10-session Preparatory Program and the Focus 100 includes a 5-session mini-Preparatory Program (which can be repeated to create a 10-session preparatory phase).

Example #1: A child with sensory, attention and reading difficulties

One option is to do the Concentration/Attention program and then, if time allows, continue on to the Reading/Auditory Processing Program. Another possibility would be to do a Preparatory Program of 10 sessions followed by 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 Concentration/Attention followed by Optimal Performance. If fatigue is the most dominant symptom, the 2nd option would be preferable.

How to shorten a program: The new 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 skip every other session, i.e. do only the odd or even numbered sessions.

Thus, a 40-session program becomes 20 sessions; the 60-session Sensory Motor program is reduced to 30 sessions. (When considering shorter programs please bear in

mind one basic truth we have learned over the years: the longer and more intense the program, the better the results.)

Notes:

1) High pass filters allow the passing through of higher frequencies. For example, FM 750 Hz allows frequencies to pass through that are 750 Hz and higher.

2) Gating occurs on all pieces, except chants. Gating changes during the course of a program; it is subtle at first and gradually increases as the program progresses.

3) The more listening the better so if a client wants to listen 5 days a week that's fine. (6-7 days a week is an option for some.) When doing 2 programs in a row we recommend a 2-week break between programs for assimilation.

Preparatory Programs

Preparatory Program I: Sensory Motor with Chant – 10 Sessions

This preparatory program consists of 10 one-hour sessions. Each session is made up of 4 tracks. In this version of the program, the first three tracks are sensory motor bandwidths; the fourth track is chant.

This program is designed to be used before either the Reading/Auditory Processing or Concentration/Attention programs when more sensory motor input is desired, yet where a full sensory motor program is not necessary.

Any number from five to ten sessions may be used.

Preparatory Program II: Sensory Motor without Chant – 10 sessions

This preparatory program is the same as above, however all four tracks in each session are sensory motor bandwidths. This is preferable where the client does not care for vocals, or for those who prefer not to use chant for religious reasons.

Calming Program

10 Sessions

The calming program consists of various forms of Full Spectrum Music, ELS, and Chant.

This program may be used by itself for those who feel anxious or tense, or it may be used as a preparatory program before the Reading/Auditory Processing, Concentration/Attention or the Optimal Performance Programs. Any number from five to ten sessions may be used.

Note:

The Total Focus includes both Preparatory Programs and the Calming Program.
The Focus 200 includes 1 Preparatory Program of your choice (w/ or w/o chant).

The Focus 100 includes a mini-Prep Program of your choice of 5 sessions.

Sensory Motor Program v.8.09 60 Sessions

Designed to help sensory processing, balance, coordination, motor planning and muscle tone, this program places strongest emphasis on Zone 1 – the foundation. The program is ideal for those with developmental delays, head injuries and for those on the spectrum. It is **very gradual** and the frequency filtration peaks at **FM750 Hz**.

Each session includes a combination of 3 or 4 of following processing techniques: **FSM, SM-BW, ELS, SpL-BW, FM, EHS and Sweeps.***

In the grid below we have noted the introduction of new frequency filtration levels per session to assist you in monitoring your client’s program.

This program contains no EHS until session 50. Chants are noted below.

<u>Zones</u>	<u>Session</u>	<u>Description + Emphasis</u>
1-3	1-20	ELS, FSM, S-M bandwidths, Chant,
1-3	21-30	ELS, FSM, S-M bandwidths, Chant, Filtration at FM 250
1-3	31-40	ELS, FSM, S-M bandwidths, Chant, Filtration at FM 500
1-3	41-52	FSM, Filtration at FM 750, Chant, SpL bandwidths EHS at Session 50, Track 1 Session 52, Track 1
1-3	53 -55	FSM, Filtration at FM 500, Chant, SpL bandwidths, ELS EHS at Session 54, Track 1
1-3	56-58	ELS, Filtration at FM 250, SpL bandwidths, Chant EHS at Session 56, Track 1 EHS at Session 58, Track 1
1-3	59-60	Sweeps, FSM, ELS, Chant

Male chants are in Session 1, 2, 4, 6, 9, 12, 18, 33, 35, 36, 38, 39, 43, 50, 54, 58, 60

Female chants are in Session 7, 10, 13, 16, 20, 44, 52, 56, 59

Mixed chant: none

Chants are located in the 4th track of the session and may be substituted for any other 4th track when calming is desired.

You will find a new term in these protocols. Sweep™ refers to the fluid, or moving, filtration of a particular piece of music as it is played. This differs from the standard type of filtration in which a piece of music is filtered at one level, followed by another piece of music filtered at another level, etc. The purpose could be likened to de-compression in deep sea diving, one becomes acclimated to the new filtration levels in a relatively rapid, but safe, manner.

Concentration & Attention Program v. 8.09 40 Sessions

As clinical evidence is indicating lower frequencies are helpful for those with problems related to concentration, this protocol has several sessions of FSM and SM bandwidths before filtration begins at Session 14. The program has a long gradual filtration phase, reaching the highest filtration at FM 3000 by Session 26. After a few sessions at FM 3000, the de-filtration begins.

The program's emphasis is on Zones 1 and 2; Zone 3 frequencies are of course present but not isolated. The flow of this program parallels the Reading/Auditory Processing program, but the rate of progression through various phases and the blend of filters give it a lower frequency emphasis.

Each session includes a combination of 3 or 4 of following processing techniques: **FSM, SM-BW, ELS, EHS, SpL-BW, FM and Sweeps**. **In the grid below we have noted the introduction of new frequency filtration levels and EHS segments per session to assist you in monitoring your client's program. Chants are noted below the grid.**

<u>Zones</u>	<u>Session</u>	<u>Description & Emphasis</u>
1-3	1-2	ELS, FSM, Zone 1 & 2 bandwidths, no EHS
1-3	3-13	ELS, FSM, SM-BW, emphasis Zone 1
1-3	10-13	Emphasis on Zones 1 & 2
	10	EHS Track 1
	11-13	EHS Track 2
1-3	14	Filtration at 250 Hz
1-3	15	Filtration at 500 Hz
2-3	17	Filtration at 750 Hz, EHS Tracks 2 & 4
2-3	18-19	EHS Track 2
2-3	20	Filtration at 1K Hz, EHS Track 2
2-3	21	EHS Tracks 2 and 4
2-3	22	Filtration at 1.5K, EHS Track 2
2-3	23	Filtration at 2K Hz, EHS Track 2
2-3	24	EHS Tracks 2 and 4
2-3	25	Filtration at 2.5K Hz, EHS Track 2
2-3	26	Filtration at 3K Hz, EHS Track 2
2-3	27	EHS Track 2
1-3	29	EHS Track 2
2-3	30	EHS Track 4
(Optional 2 – 3 Week Break after Session 30)		
2-3	31	Filtration at 3K and 2.5K, EHS Track 4
2-3	32	Filtration at 2K, EHS Track 2
2-3	33	Filtration at 1.5K, EHS Track 4
2-3	34	Filtration at 1K, EHS Track 2
1-3	35	Filtration at 750, EHS Track 2
1-3	36	Filtration at 500, EHS Track 2
1-3	37	Filtration at 250
1-3	38	Full Spectrum, EHS Track 2
1-3	39	Sweep, EHS Track 2
1-3	40	Sweep

Male chants are located in Session 4, 9, 10, 13, 19, 22, 25, 28, 34, 37, 40

Female chants are located in Session 12, 18, 35, 38
 Mixed chants are located in Session 11, 15, 20, 23, 26, 29

Reading & Auditory Processing Program v. 8.09 **40 Sessions**

After an introductory period of Full Spectrum Music and SM bandwidths, this protocol emphasizes the middle/higher frequencies thought to be helpful for those with reading difficulties. These frequencies improve the decoding and interpretation of the sounds of language, and help the pathways involved in auditory sequencing and processing speed.

This program gently opens the ear to language. It begins with eleven sessions of FSM and frequency bandwidths of Zones 1 and 2 that help with motor coordination, balance and memory and continues with emphasis on Zones 2 and 3. If your client has completed the Concentration/Attention Protocol and wishes to continue with an abbreviated Reading program after a break, you may instruct them to listen to the evenly-numbered sessions through session 14, and continue with every session thereafter beginning with session 15.

Each session includes a combination of 3 or 4 of the following processing techniques: **FSM, SM-BW, ELS, EHS, SpL-BW, FM and Sweeps***. We have noted the introduction of new frequencies and the location of EHS to assist you in monitoring your client's program. Chants are noted below.

Zones	Session	Description & Emphasis
1-3	1-5	FS, S-M bandwidths, no EHS
1-3	6	EHS Track 4
1-3	7	EHS Tracks 2 and 4
1-3	8	EHS Track 2
1-3	9	EHS Tracks 2 and 4
1,3	10	EHS Tracks 1 and 3
1-3	11	EHS Track 1 and 3
1-3	12	Filtration at 250 Hz, EHS Track 2
1-3	13	Filtration at 500 Hz, EHS Track 2
2-3	15	Filtration at 750 Hz, EHS Track 4
2-3	16	Filtration at 1K Hz
2-3	18	Filtration at 1.5K Hz, EHS Track 4
2-3	19	Filtration at 2K Hz
2-3	21	Filtration at 2.5K Hz, EHS Track 4
2-3	22	Filtration at 3K Hz, EHS Track 4
2-3	24, 25, 27, 28	EHS Track 4
2-3	29	EHS Track 2
2-3	30, 31	EHS Track 4
Optional 2 – 3 Week Break after Session 32)		
2-3	33	Filtration at 2K, EHS Track 4
2-3	34	Filtration at 1.5K, EHS Track 4
2-3	35	Filtration at 1K, EHS Track 4
2-3	36	Filtration at 750, EHS Track 4
1-3	37	Filtration at 500, EHS Track 3
1-3	38	Filtration at 250
1-3	39	Sweep, EHS Track 2
1-3	40	Sweep, EHS Track 2

Male chants are located in Session 1, 8, 10, 11, 13, 16, 26, 38
 Female chants are located in Session 2, 12, 19, 23, 32, 40

Mixed chants are located in Session 3, 5, 14, 17, 20, 29, 37

Optimal Performance: Phase I - for Teens and Adults v. 8.09

also for

children 7 years of age and older who have completed one or more of the previous protocols

24 Sessions

The higher frequencies are emphasized here for their positive influence on our cognitive integration and executive functions. In using this protocol, be aware that pre-existing emotional or mental blocks may be brought to the surface as we learn to 'listen.'

After an introductory period of waking up the body to movement and organization, the Optimal Performance Protocol progresses quickly to an emphasis on Zone 3. A relatively longer period of time is spent at the energizing higher frequency levels before beginning a descent at Session 17.

Gating occurs on all pieces, except chant, and increases gradually as the program progresses.

Each session includes a combination of 3 or 4 of following processing techniques: **FSM, SM-BW, ELS, EHS, SpL-BW, FM and Sweeps***. **We have noted the introduction of new frequencies and the location of EHS to assist you in monitoring your client's program. Chants are noted below.**

<u>Zones</u>	<u>Session</u>	<u>Description & Emphasis</u>
1-3	1	FS, S-M bandwidths
1-3	2	EHS Track 2
1-3	3	Filtration at 250 Hz, EHS Track 3
1-3	4	Filtration at 500 Hz
1-3	5	Filtration at 750 Hz, EHS Track 3
2-3	6	Filtration at 1K Hz, EHS Track 4
2-3	7	Filtration at 1.5K Hz, EHS Track 3
2-3	8	Filtration at 2K Hz
2-3	9	Filtration at 3K Hz, EHS Track 3
2-3	10	Filtration at 3K Hz
2-3	11	EHS Track 2
2-3	14	EHS Track 2
2-3	16	EHS Track 2
	(Optional 2 – Week Break)	
2-3	17	Filtration at 3 K and 2K Hz, EHS Track 4
2-3	18	Filtration at 1.5K Hz, EHS Track 4
2-3	19	Filtration at 1.0K Hz, EHS Track 2
2-3	20	Filtration at 750K Hz, EHS Track 4
1-3	21	Filtration at 500 Hz, EHS Track 2
1-3	22	Filtration at 250 Hz, EHS Track 2
1-3	23	Sweep, Full Spectrum, EHS Track 2
1-3	24	Sweep, Full Spectrum

Male chants are located in Session 1, 5, 9, 12, 21, 24

Female chants are located in Session 3, 7, 8, 22

Mixed chants are located in Session 2, 10, 13, 15, 16

Optimal Performance: Phase II - for Teens and Adults v. 8.09

*also for children 9 years of age and older
who have completed one or more of the previous protocols*

24 Sessions

Optimal Performance Phase II is a natural follow-up to Phase I. It follows a similar progression and has the same focus on Zone 3. A longer period of time is spent at the energizing higher frequency levels than in Optimal Performance I before beginning a descent at Session 19. Gating occurs on all pieces, except chant, and increases gradually as the program progresses.

Each session includes a combination of 3 or 4 of following 7 processing techniques: **FSM, FM, SpL, SI/SM, ELS, EHS and Sweep***. **We have noted the introduction of new frequencies and the location of EHS to assist you in monitoring your client's program.**

<u>Zones</u>	<u>Session</u>	<u>Description & Emphasis</u>
1-3	1	FS, S-M bandwidths, EHS Track 3
1-3	2	EHS Track 3
1-3	3	FS, S-M bandwidths
1-3	4	Filtration at 250 and 500 Hz
1-3	5	Filtration at 500 and 750 Hz
2-3	6	Filtration at 750 Hz, EHS Track 4
2-3	7	Filtration at 1K and 1.5K Hz, EHS Track 4
2-3	8	Filtration at 1.5K and 2K Hz, EHS Track 4
2-3	9	Filtration at 3K Hz, EHS Tracks 2 and 4
2-3	10	Filtration at 4K Hz, Sweep, EHS Track 2
2-3	11	EHS Tracks 2 and 4
2-3	12	EHS Track 2
2-3	13	EHS Tracks 2 and 4
2-3	14	EHS Track 2
2-3	15	EHS Tracks 2 and 4
2-3	16	EHS Track 2
2-3	17	EHS Tracks 2 and 4
2-3	18	EHS Track 2
	(Optional 2- Week Break)	
2-3	19	Filtration at 4K and 3K Hz, EHS Tracks 2 and 4
2-3	20	Filtration at 3K and 2K Hz
1-3	21	Filtration at 2K and 1K Hz, EHS Track 4
1-3	22	Filtration at 750 and 500 Hz, EHS Track 4
1-3	23	Filtration at 250 Hz, Full Spectrum
1-3	24	Sweep, Full Spectrum

Male chants are located in Session 3, 12, 18

Female chants are located in Session 1, 10, 16, 24

Mixed chants are located in Session 4, 14, 20