



The Samonas

Intensive Treatment Program

A two-week program of daily listening at the Samonas Center

An effective way to treat auditory processing difficulties

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Samonas Intensive Treatment

Your imagination is your preview on life's coming attractions

Albert Einstein

What is Samonas?

Samonas is a unique goal oriented personal listening program based on:

Neuro-Development - the knowledge of child development.

Neuro-Anatomy - the importance of the auditory system in developing life skills.

Music Therapy - the knowledge of the power and the effective elements of music.

Psycho-Acoustics - the science of how sounds need to be recorded and modified in order to support development of functions and skills.

Samonas sets the standards. The ground breaking system of Spectral Activation, an advanced method of gating intensifies the power of sounds. This process is based on a deep understanding of the nature of auditory processing; listening as an active process. Spectral Activation comes in four different levels of intensity ensuring that sensitive individuals are not overloaded and individuals in need for a strong input receive an appropriate level of intensity.

State-of-the-art auditory training. Because the auditory system connects to most major organs, essential functions and skills of the body-mind system, individualized auditory training is the key to overcome challenges in areas such as: Balance, coordination, orientation, organization, movement, interaction, communication, discrimination, attention, focus, language and learning.

Samonas matches the needs of your child growing and developing. The systems of "Reference Point based Recording" and "Optimal Natural Structure", both developed for Samonas by Ingo Steinbach, reflect the fact that natural space and the orientation of the individual in the world (ego-world orientation) are powerful tools to develop talents. Samonas Listening Plans support the child growing through the natural sequence of developmental stages without jumping any of them.

Highly individualized listening plans for optimal results. Samonas offers a variety of more than 60 recordings in different levels of intensity (spectral activation), lateral dominance and filtering. Our highly skilled professionals pick and choose the best options for each client. During the program, the client is monitored closely and the listening plan is refined through daily adjustments to ensure optimal results. The Samonas state-of-the-art equipment contributes to the success of the program.

Samonas is the first and only auditory training program to combine the science of sound engineering with the science of neuro-anatomy, the knowledge of music with intention, effective elements of music, and the knowledge of reference point based genuine sounds in three dimensional space.

Samonas is like a perfect meal using ripe, tasty and nutritious organic ingredients only.

User comment

What is Samonas Intensive Treatment with bone conduction?

Samonas Intensive Treatment with bone conduction is ...

Assessment-based - A good “baseline” assessment ensures a thorough understanding of the client’s situation. Our priority is to trigger real-life changes at school and at home and therefore a parent interview is always a part of the assessment process. Feedback from teachers and other professionals is also invited.

Goal-oriented - Based on the assessment data, a set of treatment goals is written to address the specific needs of the client. Parents and professionals working with the child know exactly what each listening session is aiming to improve.

Individualized - The 10-day Samonas Intensives are fully customized and uniquely created for your child based on the goals established to meet the specific personal needs of your child. Each Samonas Intensive is different. Designed for optimal results, fine-tuned before and during each of the 10 listening sessions.

Carefully monitored - Highly trained and experienced professionals are at hand at all times during the program. Areas to observe after the session are discussed with the parents. Daily SMS and email support after treatment sessions is provided to address any urgent questions.

Skillfully administered - Adjusted while moving through the program. Based on the observations of the parents and professionals, the intensity of the program, type of music used, listening times and - if necessary - the treatment goals are adjusted according to the needs of the client.

A team approach - The Samonas specialist, you as a parent and other people working with your child combine all their knowledge and experience to serve your child.

When is it beneficial?

What Are the Areas of Application?

1. Central and peripheral auditory processing challenges - Including
 - Over-sensitivity to everyday sounds (auditory defensiveness)
(hand-dryers, vacuum cleaners, firecrackers, clapping...)
 - Difficulty focusing on the speaker's voice in the presence of background sounds
(auditory filtering)
 - Difficulty following verbal instructions including several steps (auditory sequencing)
 - Difficulty following conversations
 - Difficulty expressing oneself clearly
2. Sensory processing disorder - Including
 - Self-regulation difficulties
 - Vestibular-auditory challenges
3. Autism spectrum disorders - Including
 - Over- or under-responsiveness to sensory input
 - Language delays
4. Attention Deficit Disorder - Including
 - Difficulty staying focused and organized
5. Developmental delays - Including
 - Bilateral development
6. Language - Including
 - Articulation, pronunciation, dialect
 - Modulation and differentiation of voice
 - Language development, language learning
7. Learning Difficulties - Including
 - Attention deficit
 - Dyslexia
 - Mathematical skills
 - Motivation, inspiration, creativity
 - Organization, planning, task management
 - Teamwork and social skills

Please note that while Samonas Intensive Treatment has been found to be highly effective, it is not meant to be a cure of the challenges listed.

When is Intensive Samonas Treatment Recommended?

1. To improve performance (eg. listening skills) efficiently within a short time span.

2. As a more powerful alternative to a home listening program when effective time use and effectivity is a priority. (Home program consists of 3-6 months of twice-daily listening.)
3. When intensive input is needed to address brain stem and mid brain levels while avoiding possible irritation of cortical levels. (Motor and spatial development, self- regulation, sensitivity...)
4. Clients with very sensitive or alternatively under-responsive sensory processing patterns benefit greatly from bone conduction input that by-passes the middle ear, enabling high intensity while minimizing the possibility of a negative reaction.
5. For overseas clients staying in Singapore for a limited time.
6. To cope with upcoming challenges and opportunities (e.g. in preparation for school exams).
7. When client has had an adverse reaction to a sound therapy home program (listening through air conduction) or has great difficulty keeping the headphones on.

Most people don't plan to fail, they fail to plan!

John L. Beckley

Bone Conduction - the power tool for the experienced professional.

Bone conduction means listening to vibrations transferred by the bones of the skull (and, in fact, other bones of the body as well) directly to the Corti Organ, the inner ear, by-passing the outer ear and the middle ear. Sounds conducted by bone conduction are directly routed to brain stem and mid brain, areas in which the foundations for spatial awareness, spatial discrimination, regulation and motor control are located.

We also know that while higher spectral components of sounds are stimulating attention, focus, (sound) discrimination and vitality, they are sometimes blocked by cortical reactions, causing irritations and rejection. Bone conduction avoids this irritation through its natural focus on the medium frequency range. This allows the cortex to react in a more relaxed manner to the highly stimulating input to brain stem and mid brain provided by bone conduction.

Today we know that hearing - better: listening - is an active sense. We are able to direct our attention by adjusting the conductivity of the middle ear. Listening is a cortical function. Unfortunately however our auditory system also allows past negative experiences to block healthy sound nutrition, therefore hindering the effectiveness of auditory training approaches.

One of the laws of nature tells us, that the first wave front provides critical information about the nature of the sound approaching. Samonas uses this effect to stop patterns of past negative experiences from weakening the power of auditory training. This involves a specific timing between bone conduction and air conduction, one of the unique and powerful elements of the Samonas Intensive Treatment. This advanced feature enables the auditory system to avoid "shut-down" and to "stay open" and receive the new pleasant components of the sound input.

What makes the Samonas Bone Conduction Intensive Treatment so unique?

Scientific Leader

Samonas cutting-edge system of Spectral Activation

was developed by Ingo Steinbach, founder of Samonas Auditory Training and a German sound engineer. For auditory training to be effective, sounds must be specially prepared. Steinbach's ground-breaking spectral activation process is a sophisticated method of gating. It intensifies classical music and nature's most dynamic sounds so they gently massage the middle ear and stimulate parts of the brain associated with physical and mental well-being. The auditory system connects to most major organs and Samonas taps into this unique mind/body connection to promote well-being on a cellular level.

Samonas Reference Point Based Music Recordings

have been developed to enhance the therapeutic effect, power and intensity of music and sounds of nature. Samonas recordings have been done in areas with excellent spatial qualities, outside the studio environment. The high-quality Samonas recordings are essentially different from standard music recordings. They provide spatial orientation, differentiation and directional training for the listener.

Samonas System of Optimal Natural Structure,

another Samonas development greatly improves the emotional impact of the music on the listener. Listening to reference based recordings of optimal natural structure is like sitting in a prime seat at a live concert or in a fascinatingly rich natural listening environment. The innovative much imitated technology used in Samonas recordings has been developed by Ingo Steinbach, who has personally recorded all the Samonas music in various locations around the world.

Samonas Stereophone Bone Conduction.

Samonas is the only system using two bone conduction elements, one on each side, placed on the mastoid bone behind the ear pinna. In order to understand why this is essential, consider the importance of directional discrimination in our three dimensional environment, plus the fact that the development of timing and organizational skills requires a solid foundation of sound spatial organization. Samonas high-tech bone conduction elements transmit up to 12000 Hz. while the standard with conventional elements is a maximum frequency range of 6000 Hz.

Therapeutic Leader

Samonas embraces the ancient knowledge of music therapy.

The therapeutic power of music is greatly enhanced through use of a focused, goal-oriented, individualized approach honoring the effective elements of music. Listening to Samonas music is equal to creating the awareness of space and time and thus the basis of the ego-world orientation. The type of music and instrumentation used during each day of the program is

chosen with great care for each client. During Samonas Intensive Treatment, specific music tracks with certain musical structures are used to maximize treatment results.

Child Development and Development of Life.

Neuro-scientific data informs us that in order to cope with ever more complex life challenges, a solid foundation of skills needs to be in place. Samonas Listening Protocols are based on the knowledge of Ontogenesis and Pylogenesis. Just like in all development of life, human development follows a specific sequence of developmental steps. Skipping one or more steps of this sequence will have severe consequences.

Samonas addresses the underlying causes behind the symptoms.

The Samonas treatment is designed to meet each individual at the level they are at, understanding their deficits and the missing steps in the sequence of development, designing and implementing a program that is filling the missing links, boosting the weak areas, supporting growth and helping the client to overcome life challenges.

Technology Leader

Twenty years down the line, Samonas continues to be the technology leader in the field of auditory training. Ingo Steinbach has developed an own set of cutting-edge recording and sound processing equipment in order to realize the extraordinary Samonas approach. Samonas uses technology that provides a quality level much higher than the CD or mp3-quality used in other approaches.

Materials and components used in Samonas equipment have been selected with great care. Major components are made of silver-plated clean copper and highest quality insulation materials. A specific circuit design has been developed based on extensive research and diligent listening. A power supply, free from technical disturbances of our extensive electronical environment, has also been developed. These are some examples of the technology that goes far beyond sampling and bit rates.

The much-imitated Samonas recording technology enabled the birth of recordings of high therapeutic value. Clients with auditory challenges require and deserve to listen to clean, pleasant, undisturbed music and sounds of nature. Equipment used during the Samonas Intensive Treatment uses the same technology that has helped to create the exceptional Samonas recordings.

Cutting Edge Implementation

Bringing in the experts.

In conjunction with Kaleidoscope therapy services the Samonas establishes a unique treatment opportunities combining auditory training with a selection of sensory integration treatment, physical therapy and speech therapy.

Top-class teamwork by experienced experts.

Kaleidoscope's excellent staff, specialized and experienced in team approaches merges seamlessly with the teamPower Home Program offered by Samonas Singapore.

Samonas Singapore pte.ltd.

Long-term players in the market.

Both Samonas and Kaleidoscope Therapy Centre have a long-term presence and an excellent reputation in their individual fields.

What does the Samonas Bone Conduction Intensive Treatment look like?

1. Filling in the Samonas intake forms and collecting feedback from the child's teacher and other professionals working with him/her.
2. An initial consultation session, assessment and written report. Advice on whether or not the listening sessions should be combined with other kinds of treatment (e.g. sensory integration treatment).
3. Optional face to face feedback session after the initial assessment if desired.
4. Optional one or two pre-program consultations/listening sessions for certain client groups (eg. clients on the autism spectrum) to ensure smooth transitioning to daily intensive listening. Pre-program consultations are a requirement for those who are resistant towards wearing headphones.
5. Ten (10) intensive listening sessions daily from monday to friday combined with sensory integration therapy whenever needed. Total duration of the sessions is approximately an hour each time.
6. Final evaluation and written report of progress.
7. Samonas Home Program as a follow-up if desired.

Dates and prices?

Please refer to our publication with the dates and prices of Samonas Intensives scheduled

Or contact us at 6300-9510 or email centersingapore@samonas.com

To give yourself the best possible chance of playing to your full potential, you must prepare for every eventuality.

(Seve Ballesteros)

What are the limitations?

Allow a minimum of 1 month between starting date of the intensive treatment and

- Severe ear infections and other infections
- Change of school or migration to a different country
- Change of domestic helper or loss of a family member
- Acute emotional stress

Testimonials

I was told it would take two weeks to see changes. I saw changes on the second day: my child was visibly calmer, better engaged and able to ignore the noisy fan that had always bothered him in the classroom.

E. P. Mother of a 4-year old boy with autism

Im now able to listen to my sports coach at the football field and to get the jokes my pals tell in the school bus.

Justin, Age 10

V.S. showed improvements in all areas. He showed significant improvements in bilateral integration, stability/mobility activities, tone and strength and tactile functioning. Ultimately he was dismissed from occupational therapy services and is currently in the sixth grade honor roll.

P.C. Occupational Therapist

Stephanie had improved posture and functional balance. Her startle response had become inhibited. She verbally expressed several times that she felt more comfortable with her body. I also cannot say how good it feels to be able to help someone improve in function in such a short period.

W.D. Occupational Therapist

G.O. is a boy who has very poor balance and postural responses. Learning difficulties, restricted affective range, poor self esteem were also issues. He did not enjoy school and was very poor motorically. Perceived challenging motor and academic activities were always met with frowns before giving up. His response to therapy and Samonas level one cds was pro-

gressive but not profound. After the first session of Samonas intensive bone conduction, his demeanor, persistence, motivation and affect changed within the session much to my and parent's awe! After 14 days of intensive bone conduction, GO is now a very different child. He entered Primary One with exuberance, new found confidence and above all is experiencing success. He was named Class Monitor and is very confident, expressive and joyful in all settings (clinic, home and school). Clinically, all these changes can be attributed to him being more "grounded", hence he has been able to move forward with confidence emotionally, motorically and cognitively. He has since decided to try and successfully learned new motor skills (i.e. bike riding) and goes to his therapy sessions and school with smile and renewed vigor.

A.C. Occupational Therapist, Singapore

There are risks and costs to a program of action, but they are far less than the ... risks and costs of comfortable inaction.

John F. Kennedy