

Information for clients

Samonas: Steps to Success

1. Introduction

We are pleased by the success Nick Burton has achieved by using our Samonas System (see DailyMail article [here](#)).

While in the article this sounds like an easy game "cured by birdsong", it is important to understand the ingredients required to achieve success and options available in implementing Samonas Auditory training. Samonas Auditory training requires an individualised programme closely monitored by a professional and commitment over a period of 15 to 20 weeks.

2. Ingredients to Success with Samonas

Individualisation

Strong facts do point to the auditory system when dealing with aphasia, pronunciation and articulation issues, focus, attention, discrimination as well as a variety of other challenges related to skills and functions on the cortical mid brain and brain stem level (for more details see <http://www.samonas.com/dm> and click on the button "Why auditory training?")

However it must be recognized that we are all individuals, and although a given challenge may look similar in two people, the underlying causes are likely to be different for each of them. Consequently, a different approach is required in both cases. Individualization, tailoring a listening program to train the auditory system according to the needs of the individual, is the key to success. This can only be achieved if we truly understand the needs of the individual. This requires a sound assessment by a professional, proficient and experienced in the area of the challenges presented.

Close monitoring

While moving through the listening plan, the listening needs of the individual are likely to change. Most certainly, needs related to the intensity of listening (Samonas knows 4 different levels of intensity) would change, as well the listening times and the music selections required for a successful treatment. This requires: close monitoring, documentation of the listening experience and changes achieved, as well as continuous and updated listening instructions while moving through a Samonas Listening Plan, targeting issues and challenges that require professional assistance.

Continuity

There is another ingredient to success in Samonas Auditory training: continuity and persistence. Expect daily listening for a period of at least 15 till 20 weeks. You are likely to enjoy 4 to 7 different music selections during this period. These will be arranged in sequence, intensity, and type of music/sounds of nature, designed as required by the presenting challenges and the personal listening needs of the individual supervised by a professional trained in the use of the Samonas listening system.

Magic needs a bit of work, knowledge and decent commitment to come true.

3. Options to implement Samonas Auditory Training

In answering questions received there are three concrete options to implement Samonas auditory training and to follow a Samonas listening plan.

Option 1: for issues and challenges, such as aphasia, that require professional assistance from a team (with the client, a local professional and Samonas as members).

Based on information provided by the client and the professional (questionnaires), and typically a minimum of one phone or audio/video appointment with the developer of Samonas, Samonas will create an individual listening plan for the client and supervise the implementation of this listening plan. Regular feed back of the professional (typically every three to four weeks) and a daily listening protocol for the client is required for this. The client's personal listening plan is adjusted and fine tuned in review sessions with the developer of Samonas (typically by phone or audio/video)

Option 2: to be used with the realisation of personal goals, and to work on personal challenges that do not require professional assistance.

A personal Power Profile of the user is created based on an initial questionnaire with optional additional consultations and/or assistance. For details please refer to the Samonas web page (<http://www.samonas.com/dm>) under mySuccess or myLive Power Profiles. The Power Profiles have 4 or 5 segments, each of them with a different music selection, selected and implemented as required by the individual.

Option 3: to be used for (minor) issues that are rooted in one single cause and not complex. For details please refer to the Samonas Lite Listening Plans in the sections Samonas myLive or mySuccess on the Samonas web page (<http://www.samonas.com/dm>)

4. What equipment is needed?

Your personal Samonas listening plan can be followed either by using Samonas Golden Individual CDs, or high quality music files on the iPod, manufactured to personal specifications as component of a Samonas Listening plan. Both of these options require a good quality headset. Samonas does not recommend to use in-ear type headphones that come with the iPod or most of the CD players, as this will significantly impact the success of listening.

5. How do I begin?

You may begin your first steps with Samonas by completing our client intake form and arranging an initial consultation by phone or audio/video.

For more details, refer to our "Getting started with Samonas" Guide, available on the web at:

<http://www.samonas.com/c/GettingStartedUK.pdf>

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