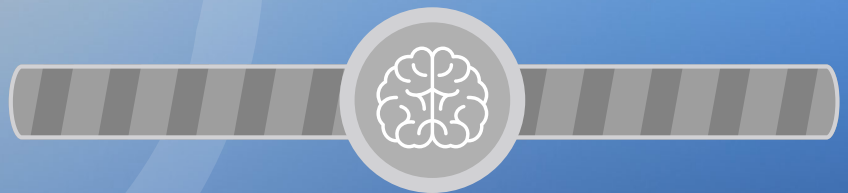


The Listening Program®

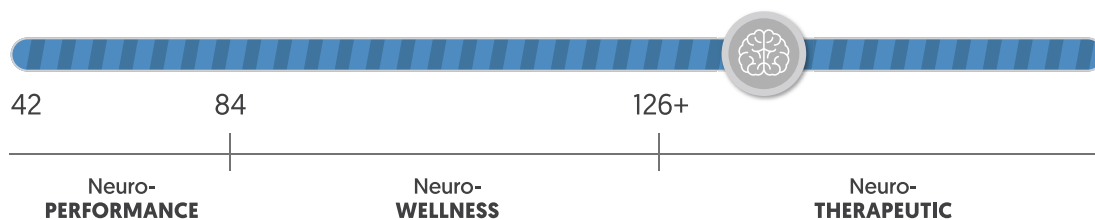
Brain Scale User Guide



Welcome to The Listening Program® (TLP) Brain Scale, a powerful tool for evaluating and optimizing brain performance through personalized music listening therapy programs.

The Listening Program is an evidence-based music listening therapy that targets seven key areas of brain function: executive function, creativity, communication, auditory processing, social and emotional skills, motor skills, and stress response.

TLP Brain Scale



With the TLP Brain Scale, it's easy to determine which TLP Core Program best suits a listener's unique goals, evaluate the baseline and progress over time, identify areas for improvement, and create a truly personalized program plan tailored to your individual goals.

By completing the Brain Scale, you will discover your TLP Brain Score and get started on a personalized program plan with one or all four TLP Core Programs that adapt to your individual needs. Over time, you can watch your brain score improve, track your progress, and see the positive impact of TLP in your life.

The Brain Scale is not just a one-time assessment. We encourage all listeners to retake it after each

cycle following the recommended program plan and, as needed, to monitor progress and adjust the program plan accordingly.

This guide will help you use the TLP Brain Scale and optimize the benefits of The Listening Program. So, let's get started on this exciting journey of personalized brain improvement with the TLP Brain Scale!

When to Complete the Brain Scale

Take the TLP Brain Scale before beginning a TLP program as a baseline for the initial level of performance that serves as a starting point for future measurement. The baseline provides a reference point for evaluating progress or changes over time.

Step 1: Understanding the Seven Areas of Brain Performance

The TLP Brain Scale measures function in 7 different areas of brain performance, including Executive Function, Creativity, Communication, Auditory Processing, Social & Emotional, Motor Skills, and Stress Response.



1. Executive Function

Involves mental processes that control and regulate other abilities, such as initiating and stopping actions, monitoring and changing behavior, and planning for the future. Examples of executive function skills include attention, memory, behavior, organization, time management, and self-control.



2. Creative Expression

Involves original and open thinking, problem-solving, and movement to create something new. Examples of creative skills include musicality, visual arts, creative writing, innovation, and problem-solving.



3. Communication

Involves exchanging information and thoughts through verbal and written expressions and nonverbal expressions such as gestures, facial expressions, and body language. Examples of communication skills include verbal comprehension, oral and written communication, voice quality, reading comprehension, and understanding body language.



4. Auditory Processing

The ability to make sense of what you hear. Difficulty processing auditory information can negatively impact learning, thinking, communication, and relationships. Examples of auditory processing skills include listening, following verbal directions, focusing with background noise, and sound discrimination.



5. Social & Emotional

Includes managing emotions, resolving conflicts, and understanding and responding to social situations. Examples of social and emotional skills include self-confidence, compassion, social interactions, interpersonal relationships, mood regulation, and conflict resolution.



6. Motor Coordination

Involves the harmonious functioning of body parts that involve movement, including gross motor skills such as walking, running, and throwing; fine motor movements such as handwriting, buttoning a shirt, and keyboarding; and motor planning, the ability to conceive, organize, and carry out purposeful movements. Examples of motor coordination skills include balance, body awareness, coordination, fine motor skills, gross motor skills, and activity level.



7. Stress Response

Relates to how your body and brain react to stress to protect you from real or perceived threats. If your mind and body are constantly on edge due to excessive stress, you may face serious health problems. Examples of stress response skills include stress reduction, relaxation, feeling less overwhelmed, lower tension, better sleep, and reducing nervous habits.

Step 2: Taking the TLP Brain Scale

The Brain Scale evaluates the seven areas through 42 questions, with six questions per area. Anyone can complete the assessment, including the listener, parent, guardian, or provider. It takes approximately five-ten minutes and uses a 5-point scale to indicate their level of agreement or disagreement with a series of statements or questions.

Points for Each Question

- 1 If it never occurs
- 2 If it occurs rarely
- 3 If it occurs sometimes
- 4 If it occurs often
- 5 If it occurs always

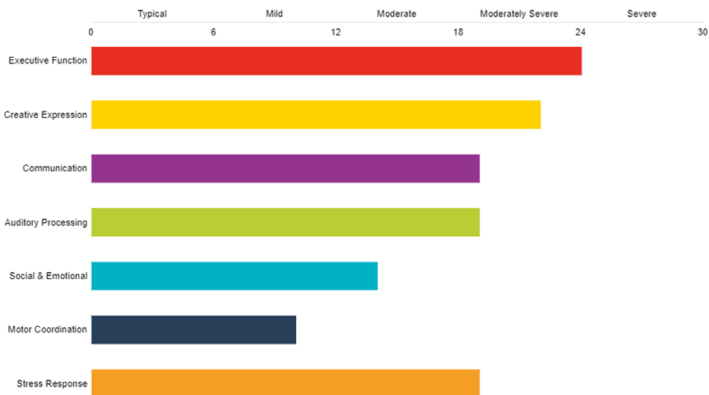
Step 3: Understanding the TLP Brain Scale Report

After the TLP Brain Scale is submitted, an online report is generated. The report is divided into four sections:

- The Area of Performance Graph
- Listener Type
- TLP Brain Score
- Detailed Report

The Area of Performance Graph

The Area of Performance Graph is the first section of the TLP Brain Scale report. It visually represents the scores for each of the seven performance areas. The graph helps identify and prioritize the most significant needs, as indicated by higher scores in the Moderately Severe to Severe range.

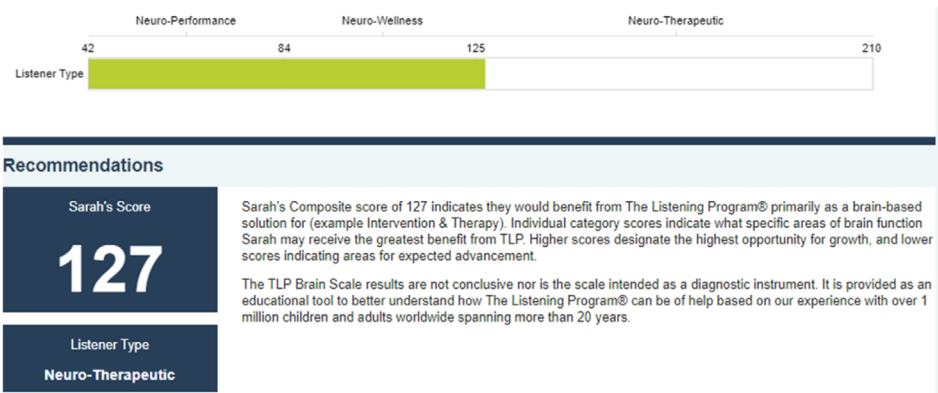


Listener Type

In the Listener Type section of the report, individuals can view their TLP Brain Score and Listener Type, which is determined by their scores on the Brain Scale.

By identifying your Listener Type, you can select TLP Core Programs aligned with your goals and needs to help you achieve the best results. The scores from each of the seven sections are combined, with the lowest possible score being 42 and the highest being 210.

Higher scores on the Brain Scale indicate that an individual has significant delays or challenges in specific areas of performance. In contrast, lower scores suggest that the person is functioning well in those areas but could still benefit from TLP to achieve even higher performance levels.





















Detailed Report Section

The Detailed Report section of the Brain Scale Report provides a comprehensive breakdown of the responses to each of the 42 questions on the Brain Scale. This section includes the category, score, areas of performance, and subtotals.

The Detailed Report also identifies a Listener Type for each of the seven areas of performance, providing a more detailed understanding of an individual's strengths and areas for improvement.

Each area in the detailed report is scored on a scale from 6 to 30, with the highest score indicating the areas of weaknesses or challenges that require support. The color-coded “Areas of Performance” correspond to The Listening Program Zones, providing a targeted approach to improving specific skills and abilities.

Results for each question: 0 - Does not occur or apply due to age or circumstance 1 - If it never occurs 2 - If it occurs rarely 3 - If it occurs sometimes 4 - If it occurs often 5 - If it occurs always				
QUESTION	CATEGORY	SCORE	AREA OF PERFORMANCE/ZONES	SUB-TOTAL
1. Trouble staying focused	 Executive Function	5	Blue / Green / Orange / Red	24 Neuro-Therapeutic
2. Difficulty retaining new information	 Executive Function	4	Blue / Green / Orange / Red	
3. Difficulty adapting to changing environments	 Executive Function	3	Blue / Green / Orange / Red	
4. Difficulty with organizational skills	 Executive Function	4	Blue / Green / Orange / Red	
5. Trouble initiating/completing tasks	 Executive Function	5	Blue / Green / Orange / Red	
6. Difficulty controlling impulses	 Executive Function	3	Blue / Green / Orange / Red	
7. Difficulty developing music skills	 Creative Expression	3	Blue / Red	22 Neuro-Therapeutic
8. Is closed minded	 Creative Expression	3	Blue / Red	
9. Difficulty developing visual art skills	 Creative Expression	3	Blue / Red	
10. Difficulty with creative writing	 Creative Expression	5	Blue / Red	
11. Does not come up with original ideas	 Creative Expression	4	Blue / Red	
12. Difficulty problem solving	 Creative Expression	4	Blue / Red	
13. Misunderstands what others are saying	 Communication	3	Blue / Orange / Red	19 Neuro-Therapeutic
14. Difficulty expressing thoughts or ideas	 Communication	4	Blue / Orange / Red	
15. Poor vocal/speaking quality	 Communication	4	Blue / Orange / Red	
16. Difficulty understanding written information	 Communication	4	Blue / Orange / Red	
17. Hard to be understood by others	 Communication	2	Blue / Orange / Red	
18. Difficulty understanding other's body language/facial expressions	 Communication	2	Blue / Orange / Red	
19. Finds it difficult to listen	 Auditory Processing	4	Blue / Orange / Red	19 Neuro-Therapeutic
20. Difficulty following verbal instructions	 Auditory Processing	4	Blue / Orange / Red	
21. Difficulty focusing in background noise	 Auditory Processing	5	Blue / Orange / Red	
22. Finds some sounds painful or uncomfortable	 Auditory Processing	2	Blue / Orange / Red	
23. Difficulty understanding meaning in others' tone of voice	 Auditory Processing	2	Blue / Orange / Red	
24. Confuses similar sounding words	 Auditory Processing	2	Blue / Orange / Red	

1. Has a low self-image	 Social & Emotional	2	Blue / Green / Orange	14 Neuro-Wellness
2. Shy and avoids interpersonal contact with people	 Social & Emotional	2	Blue / Green / Orange	
3. Has poor social skills	 Social & Emotional	2	Blue / Green / Orange	
4. Trouble maintaining relationships with others	 Social & Emotional	2	Blue / Green / Orange	
5. Difficulty managing mood/emotions	 Social & Emotional	3	Blue / Green / Orange	
6. Uncomfortable with new situations/trying new things	 Social & Emotional	3	Blue / Green / Orange	
7. Clumsy, stumbles, difficulty with balance	 Motor Coordination	1	Blue / Green	10 Neuro-Wellness
8. Poor sense of personal space, body awareness	 Motor Coordination	1	Blue / Green	
9. Uncoordinated body movement, poor athletic skills	 Motor Coordination	1	Blue / Green	
10. Messy handwriting, poor fine motor skills	 Motor Coordination	3	Blue / Green	
11. Poor sense of rhythm and/or timing of movement	 Motor Coordination	2	Blue / Green	
12. Atypical drive for movement and/or touch	 Motor Coordination	2	Blue / Green	
13. Does not tolerate stress well	 Stress Response	3	Blue / Green	19 Neuro-Therapeutic
14. Has difficulty relaxing	 Stress Response	4	Blue / Green	
15. Feels overburdened with everyday tasks	 Stress Response	4	Blue / Green	
16. Feels tense and anxious	 Stress Response	4	Blue / Green	
17. Difficulty falling or staying asleep	 Stress Response	2	Blue / Green	
18. Tiredness at the end of the day	 Stress Response	2	Blue / Green	

Step 4: Interpreting Results

The lower the listener scores in each area, the better their perceived brain performance.

1. Neuro-Therapeutic (overall score of 126-210)

Most severe, a listener would benefit from a gentle program that prioritizes the reduction of stress and sensory sensitivities. People in this area are matched with either TLP Spectrum or TLP inTime due to the emphasis on low-frequency training, which promotes emotional regulation and reduces stress.

2. Neuro-Wellness (overall score 84-125)

Scores in this area indicate an average to severe need to improve brain function. A listener from this category would benefit from a moderate or mid-level program such as TLP Achieve or TLP inTime due to the emphasis on mid-frequency training.

3. Neuro-Performance (overall score 42-83)

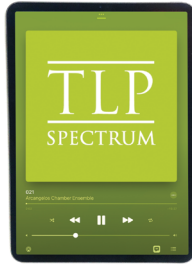
Scores in this area indicate adequate brain function, allowing listeners to enjoy more advanced level training, as their brain function could benefit from more of a challenge to rise to higher performance goals. Listeners in this category could consider TLP Level One or TLP inTime with a high-frequency focus.

4 Core Programs

TLP Spectrum

A foundational program to calm auditory sensitivities, improve sensory processing, motor control, reduce stress and anxious feelings to develop a sense of safety and well-being.

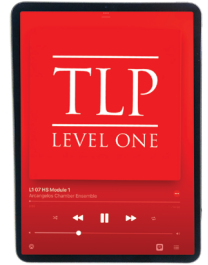
Features 25 hours of original classical music recordings with neuroacoustic modifications for headphones.



TLP Level One

The most advanced program to refine and improve auditory processing, executive function, sensory regulation, emotional and social wellness, communication, mental and physical abilities.

Features 10 hours of original classical music recordings and nature sounds with neuroacoustic modifications for headphones.



TLP Achieve

An intermediate program to promote executive functioning for success at school, work, and life. Supports improved learning, speech/communication, listening, focus, attention, and memory.

Features 25 hours of original classical music recordings with neuroacoustic modifications for headphones.



TLP inTime

An adaptable program to support any level of function. Feel uplifted and in sync in life with adaptive responses to stress. Balance the body for mental, emotional, and physical wellness.

Features 8 hours of original rhythm-based world music recordings featuring over 100 percussive instruments with neuroacoustic modifications for headphones or speakers.



Whether you are new to The Listening Program or a lifelong listener looking to continue your progress, we hope this guide has been informative and helpful. Remember that the benefits of TLP are not limited to any particular age, ability, or background. By engaging with the program and committing to regular listening sessions, you have taken the first step towards improving your brain function and unlocking your full potential. We invite you to explore the TLP Core Programs and find the one that aligns with your goals and needs. Together, we can help you achieve greater success in all areas of your life.

To learn more, contact us at +1-801-622-5676

Please note that TLP Brain Scale results are not conclusive, nor is the scale intended as a diagnostic instrument. It is an educational tool to understand how The Listening Program can help based on experience with over 1 million children and adults worldwide spanning more than 20 years.



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