



## Frequently asked Questions

### 1. How is my 120 minutes NEP session different from listening to a classical CD purchased from a store?

- You will follow a special program based on your needs.
- Your music will be filtered, and this should help to strengthen your listening skill as well as redevelop the neural pathways of the brain.
- You will listen to music through a set of specialized headphone equipped to deliver sound through two means: bone conduction (the skull) and air conduction (the ears).

### 2. What will my sessions be like?

- Each NEP session is typically 2 hours long.
- Your music will be delivered by “air conduction” and “bone conduction”. Air conduction is the conduction of sound by way of air to the inner ear. Bone conduction is the conduction of sound by way of bone to the inner ear. Both are given to stimulate your brain’s activity.
- Our NEP equipment also has the important function of gating the music, or only allowing sounds through at certain levels of intensity. When your ears are introduced to gated music, your tiny inner ear muscles respond by relaxing and tightening. This creates a sort of exercise workout for your inner ear muscles. Benefits of gating can include strengthening the inner ear muscles and improvement in listening ability.

### 3. What do I expect from the progress?

Change is a sign of progress. We would like to remind you that each change, no matter how minor or major it may be, is a movement. They often begin gradually, but at other times may appear very suddenly. Changes can also be big or small. More importantly, movement is a sign of progress and is worth celebrating.

Understand that the NEP Program is a process-oriented program more so than a results-oriented program. This process may include learning new ways of behaving, and it may cause anxiety, curiosity and possibly mishaps. Therapy is like going on a journey of self-discovery and the goal is to understand what

may be hindering you in life. This journey should continue even after your sound therapy has finished.

Changes can be positive or negative. While our hope is to bring you positive long-term effects such as having a renewed attitude or increased energy, the sound therapy may bring you some negative experiences in the short-term. Do note that this effect has to do with the NEP Program being a process-oriented program.

#### **4. What usually happens after my sessions?**

- You will be asked to write down any comments or observations after the session so that we can follow up for any concerns or atypical responses. After every fourth session, you may also be asked to fill out the “Changes to Look For” form before you leave.

#### **5. When should I contact the Program Assistant?**

- To most people, filtered music comes across as an alteration from “louder” and “softer” and will sound different from unfiltered or store-bought music. Please contact the Program Assistant if:
  - You feel that the music is uncomfortably loud or inaudible.
  - The music stops for more than several minutes midway through the session.
  - You experience pain in your head or in any other part of your body after starting the session.
  - You cannot hear sound through both the right or the left earphones or trouble with headphones.

#### **6. Who should I talk to if I have trouble with music or with my headphones?**

- Please let the Program Assistant know.

#### **7. What can I do during my session?**

- We believe that activities using creativity and play best complement the purposes of the NEP Program. For this reason, we generally suggest for listeners to paint. We will provide you with a list of recommended activities on a separate list.

## **8. Is there anything that I should not bring or do?**

Activities requiring a lot of concentration or thinking tend to counter the benefits of NEP. It is for this reason that we discourage reading as these activities access the logic side of the brain and may counter the Tomatis' effects. Excessive talking, constant computer use, watching TV, reading or doing work are also not recommended. We also suggest that you do not play handheld video games (e.g. Game boy, playstation2) and do not operate machinery while listening. Because the sounds of gum chewing and eating can hinder the listening experience, we also recommend that you do not eat or drink during your sessions.

## **9. How long is the total NEP program?**

This is a 78 hours program which can be done in three rounds of 13 consecutive days (each round a total of 26 hours for 2 hours per day) with a break of 4 weeks between each round. If your schedule does not fit in 13 consecutive days, we then recommended 26 hours to be done in 10 conservative days (about 2-3 hours per day).

## **10. Can I change my scheduled time for NEP ?**

Since we have reserved the listening device for you at your appointed time, if you have any last minute's change of time, we may not able to reschedule you for another time on that day. If you cannot sustain a daily listening session, this may affect the effect on your listening program and may not reach the most satisfactory result. Kindly try to keep this NEP a priority of your schedule.