

## BTG - Music Listening Therapy



WWW.BTGAUTISM.COM

MUSIC LISTENING THERAPY

# Transforming Lives Through Music Listening Therapy

IMPROVE YOUR BRAIN FUNCTION.  
LISTEN AT HOME OR ON THE GO.

Just 15 mins



Enhances attention, memory, and communication.



Reduces stress and improves mood.



Improves sleep quality.



Promotes mental and emotional well-being.

**We offer neuroscience-based music therapy through The Listening Program® (TLP) to improve how the brain processes sound.** This therapy uses acoustically modified music to address challenges like sound sensitivities, communication difficulties, and emotional regulation, common in individuals with autism, ADHD, or sensory processing disorders. TLP is a flexible, home-based program tailored to each individual's needs, with daily sessions of 15–30 minutes. Many families have witnessed remarkable improvements in attention, sensory processing, language development, and overall quality of life through this gentle, effective approach.

## Who Does Music Therapy Benefit?

INDIVIDUALS WITH:



Autism, ADHD, or sensory processing disorders.



Cognitive or emotional challenges related to trauma, aging, or developmental delays.



Anxiety, stress, or difficulty with focus and attention.




Sleep disturbances or insomnia.

Bridging the Gap—

Autism Consultation and Therapy Services

## HOW IT WORKS



**The Music**

Developed by a global team of therapists, scientists, musicians, producers, technologists, product designers, and sound engineers, The Listening Program® offers music that is not only highly effective but also a pleasure to experience in high-definition (HD) sound.

## What is The Listening Program®?

The brain is musical, and quality headphones enhance the pathway from ear to brain.



Within these music therapy modules, the first phase, "A," relaxes the listener and prepares the brain for the more intensive stimulation of the "B" phase. The listener is then returned to a focused/relaxed state during the final "C" phase.



The Listening Program® features four zones—**blue** (balancing), **green** (grounding), **orange** (focusing), and **red** (energizing)—each targeting specific sound frequencies. Through progressive training levels, these zones use music to help the brain process a wider range of sounds, improving overall performance.

## HOW TO BEGIN

### Choosing the Right Fit



Start with a gentle option and progress as comfort grows.




Sessions are tailored to age, needs, and goals.



Flexible plans ensure therapy fits seamlessly into daily life.

## Music Listening Therapy Packages




### The Listening Program Free Trial

Risk-free 7-day trial of the full The Listening Program Online experience.

- ✓ Daily 15 Minute Listening Experience
- ✓ Tools to Understand Your (or a Loved One's) Brain Health
- ✓ Desktop or iOS/Android Mobile App
- ✓ **No Credit Card Required**

**Try For Free!**




### The Listening Program Online

Experience all the benefits The Listening Program Online has to offer with a twice a day curriculum and tools to track your goals.

- ✓ 2x Daily 15 Minute Listening Experience
- ✓ Tools to Understand Your (or a Loved One's) Brain Health
- ✓ Desktop or iOS/Android Mobile App
- ✓ Listening Reminders
- ✓ Custom programming & dedicated provider coaching available\*

From  
**\$34.95**  
a month

**Get Started**



### The Listening Program Shift60

An introductory 60 Day Self-Directed Program designed to improve focus, boost productivity, and sharpen listening skills in just 60 15-minute listening sessions.

- ✓ Daily 15 Minute Listening Experience
- ✓ Tools to Understand Your (or a Loved One's) Brain Health
- ✓ Desktop or iOS/Android Mobile App
- ✓ Listening Reminders

**\$99.00**  
One Time Fee

**Get Started**