



# The Listening Program®

The Future of Therapy Sounds Like Music!



**Bridging the Gap** offers 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
- Emotional regulation

Targeted for individuals with autism, ADHD or sensory processing disorders, TLP is a flexible, home-based program tailored to individual needs. Using daily sessions of 15-30 minutes, many families have witnessed remarkable improvements in:

- Attention
- Sensory processing
- Language development
- Overall quality of life



Enhances attention, memory, and communication.



Reduces stress and improves mood.



Improves sleep quality.



Promotes mental and emotional well-being.

## What is the Listening Program?

The Listening Program gently exercises the brain with personalized, scientifically designed music-based listening therapies. The program contains classical music that has been modified with advanced neuro-acoustic techniques to harness the brain's natural ability to change itself, a concept called neuroplasticity.

At Bridging the Gap, we help you choose your package, define goals and customize therapy to meet your needs.

## Who Can Benefit from Music Therapy?

Individuals with:



Autism, ADHD, or sensory processing disorders



Sleep disturbances or insomnia



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



Anxiety, stress, or difficulty with focus and attention

## How Do I Get Started?

Choose a package

### Try for Free!

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

- Daily 15-minute Listening Experience
- Tools to track progress over time to optimize outcomes
- Desktop or iOS/Android mobile app
- No credit card required

### Essential Package

Ideal for clients beginning their journey into music therapy

- Individual yearly TLP online music membership with daily listening sessions
- Tools to track progress over time to optimize outcomes
- Desktop or iOS/Android mobile app
- AKG® K361-BT Cordless, Bluetooth headphones
- 3 months of personalized coaching by Bridging the Gap certified providers

### Comprehensive Package

Accelerates and expands the benefits of your listening practice

- Individual yearly TLP online music membership with daily listening sessions
- Tools to track progress over time to optimize outcomes
- Desktop or iOS/Android mobile app
- Waves™ Multi-Sensory Audio System
- Sleep Genius SleepPhones Set
- 3 months of personalized coaching by Bridging the Gap certified providers

Access your listening from any web-connected device, such as your computer, tablet, or smart phone with the free companion iOS and Android apps.



Scan the QR code to get started now



Bridging the Gap is a certified provider of The Listening Program®