



TSI – Targeted Sound Intervention®

National Association for Child Development®

549 25th Street Ogden, UT 84401

www.nacd.org

TSI: Boost

Expanded Instructions to Go Online

[for Passive CDs:]

The music of TSI: Boost has been filtered to boost, or enhance, the frequencies of sound in the “speech and language range,” i.e., 750-4000 Hz.

The purpose of these CDs is to serve as pleasant, unintrusive background music to enhance your sound environment, filter distracting sounds, and allow you to be entrenched in the frequencies most significant for auditory processing.

Directions:

- Play the TSI: Boost-Passive music as background music via speakers throughout the day.
- Use as frequently and as long as desired to enhance your environment, provide specific stimulation to your brain, and serve as a filter for distracting environmental sounds.
- Volume should be comfortable to you. It should not be loud enough to distract you, yet loud enough to enhance your sound environment. The appropriate volume will vary from one individual to another.
- If desired it is fine to listen to the passive CDs over headphones as well. With headphones it is no longer background music and may produce fatigue with prolonged use. Therefore listening times should be shorter than with speakers (approximately 15 minutes at a time).
- It is fine to use TSI: Boost CDs even if you are currently using another sound therapy program, such as The Listening Program or TSI: Focused Attention.



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Also available to complement TSI: Boost-Passive

- TSI: Boost-Active (see below)
- TSI: Focused Attention—This music-based program directly addresses auditory figure ground processing, the ability to listen to a specific auditory input in the presence of background sound. It increases focus and decreases distractibility.
- TSI: Focused Attention II—The next step after TSI: Focused Attention, Focused Attention II is language-based, training attention to language AND processing meaning in the presence of background noise. **(COMING SOON!)**

[for Active CDs:]

The music of TSI: Boost has been filtered to boost, or enhance, the frequencies of sound in the “speech and language range,” i.e., 750-4000 Hz.

The purpose of these CDs is for headphone listening to increase attention to this range of sound and improve auditory tonal processing in the speech range.

Directions:

- At the start of each session, listen to track #1, the “intensity track,” to increase alertness and attention.
- Then listen to one track at a time (approximately 5-8 minutes) via high quality headphones, once or twice per day.
- Listen attentively and intentionally.
- To enhance listening it is preferable to move with the music, such as tapping with the beat or “conducting” the music.
- For a young child or a child with attention issues, a parent or caregiver can physically assist the child in the movement. This listening technique, interactive listening, can be accomplished by using a headphone splitter to plug two sets of headphones into the CD player. Then move with the child along with the music, either hand-over-hand or mirroring each other. Movements include activities such as directing, tapping, clapping, dancing, or pretending to play a musical instrument.
- Listening volume should be comfortable to the listener, never too loud.

Also available to complement TSI: Boost-Active

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