

# Music for All Ages and Abilities: Discover TLP's Four Core Programs

## Music for Your Brain

Despite the many differences that exist among human beings across the globe, *"we share a common bond, we can change for the better with this intangible thing called music."* – Alex Doman.

The Listening Program is a music listening program designed to maximize the natural benefits of listening by developing and strengthening neural networks for anyone looking for safe, natural ways to improve brain function. The benefits of TLP extend beyond just music and surpass other music listening therapy programs due to the unique design, methodology, and extensive research behind it.

## Music for All Ages and Abilities

The brain can change at any age through neuroplasticity. This concept of neuroplasticity led to the creation of TLP as a way for people to target specific portions of the brain in safe, natural, enjoyable ways from the comfort of their own homes in as little as 15 minutes a day. Since 1999 millions of people have used TLP and seen meaningful improvements in their lives.

The foundation of The Listening Program is its scientifically designed music. While it was originally intended to help children with developmental disabilities, its uses are far-reaching, spanning all abilities, diagnoses, and ages. People have used TLP to help improve the following diagnosis, as well as many others:

- Autism
- ADHD
- Learning disabilities
- Depression/anxiety
- Sensory and auditory processing disorder
- Typically developing brain
- TBI

The benefits seen in listeners of TLP all stem from four scientifically designed TLP programs. Each one stimulates the brain in different ways, allowing listeners to choose which program best fits their needs.

## Four Core Programs

[Psychoacoustic research](#) helps set the stage for each TLP Core Program. The scientific field of psychoacoustics is the study of the human perception of sound, and it informs much of our understanding of the effects of music on our mind, body, brain, and emotions.

The Listening Program includes four TLP Core Programs, each intended to target specific areas of need with the right frequency, intensity, and duration to reorganize the brain and improve its performance, health, and functioning.

### TLP Core Programs



Classical Music

- TLP Spectrum
- TLP Achieve
- TLP Level One



Rhythmic World Music

- TLP inTime

The three classical music programs contain original High Definition recordings of Mozart Symphonies, Vivaldi Concertos, Haydn quartets, and masterful pieces by Danzi and Bach with strings and woodwinds. The compositions by these great masters and the performances of ABT's Archangelos Chamber Ensemble are energetic, vivid, and joyous. Each program provides different levels of training and targets different needs.

[\[Listen to the TLP Classical Music Sample\]](#)

TLP inTime features original pieces by musician and composer Nacho Arimany, whose distinctive blending of world music styles includes diverse percussion, string, and wind instrumentation. High-definition sound

recordings made in a carefully arranged acoustic environment have captured the sound and spirit of over 100 instruments.

[\[Listen to the TLP inTime World Music Sample\]](#)

## TLP SPECTRUM

TLP Spectrum is the most gentle and foundational program within TLP. It helps to provide a grounding or soothing effect within the lower frequencies, which help to:

- Calm auditory sensitivities
- Reduce stress and anxious feelings
- Integrate sensory processing systems
- Encourage resilience for adaptive stress response
- Attain foundational developmental milestones
- Improve memory

*“Since using TLP, when I say her name, she hears it. I would have to call her name five times, and she wouldn’t even answer me in the past. She has recently become more aware and can verbalize and express her feelings or communicate*



*when things are loud. She is not as loud when talking, seemingly quieter in general. I am not sure if what I am seeing is happening. She has always been really hot and sweaty most of the time, but today she is outside in the sun with a light jacket on. In general, I feel she is much more regulated.” – LP*

**Study:** [TLP for Children with Autism](#)

The program has 200 classical music modules and emphasizes lower frequencies, allowing listeners to reduce overall stress significantly. When stress is reduced, the autonomic nervous system is balanced, leading to improved self-control, more complex thought processes, and less impulsivity.

**TLP Spectrum is the go-to foundational program for people with:**

- Chronic pain
- PTSD
- TBI
- Neurological, developmental, or physiological needs.
- Sensory sensitivities (especially hypersensitive hearing)
- Developing toddlers and preschoolers
- Memory loss/impairment
- Medically fragility
- Autism

## TLP ACHIEVE

TLP Achieve is an intermediate-level training program. Through 200 classical music modules, listeners experience all four frequency zones, emphasizing the mid-frequency zone.

**Children, teens, adults, and the aging with a solid sensory foundation have found benefits from this program in the following areas:**

- Sustaining focus and attention
- Reducing and managing impulsivity
- Expressive and receptive language and communication
- Accelerating academic confidence and performance
- Listening skills
- Executive function skills
- Memory

Dr. Alfred Tomatis coined the phrase: *“The voice can only reproduce what the ear can hear.”*

The creation of Achieve revolved around this exact idea. We know, through research, that the ear and brain must work together to pick up and analyze sounds in our environment, including the sound of our voice. The ability to produce sounds/words/ideas clearly depends on sounds received from the environment and oneself. Achieve works to improve the function of the auditory processing system (even when hearing loss is not present) to improve overall communication.

Through TLP Achieve, many people with speech issues or who are non-verbal may develop spontaneous social language, better speech, voice quality, and language fluency. This improvement also leads to higher-level thinking, communication, and productivity skills.

[Read more about how Achieve helps improve speech and language delays.](#)

**TLP Achieve is best for people with:**

- ADHD
- Reading or learning challenges
- Goals to learn new languages
- Speech and language difficulties
- Social difficulties
- Impulsive tendencies

Testimonial: *“I can truly say that TLP Achieve has brought about positive changes in a short period of time. I saw attention improvements and his conversation skills soared. His sound sensitivity decreased and he didn't have to cover his ears like he had before. My son was enjoying more of the world and more of the people in his life.”*

– Nicholas, age 13, Autism [\[Read More\]](#)

## TLP LEVEL ONE

TLP Level One was introduced in 2004 and was the first and only listening therapy in the world to provide incremental training across four frequency zones, nature sounds, spatial surround, and other beneficial neuroacoustic modifications. Listeners choose classical music with or without the added element of nature sounds.

**TLP Level One is the most advanced program which helps people to refine and improve:**

- Motor control
- Emotional and social well-being
- Communication
- Auditory processing
- Executive function
- Creative thinking
- Decision making

Level One is an excellent program for listeners whose functioning indicates readiness for a more intensive listening experience to accomplish exciting breakthroughs. It can also be used as a follow-up program to expand and refine benefits for those who have completed Spectrum, Achieve, or inTime.

**Level One is an excellent program for people with:**

- Hearing loss
- Auditory processing disorder
- Professional speaking goals/responsibilities
- Musical aspirations
- Athletic goals
- Higher performance needs

Testimonial: 9 Year old With Stuttering Tendencies  
*“Working in the program helps me quiet down and focus on my work.”*

Study: 17-year-old with [Down Syndrome](#)

Testimonial: [9 Year old With Stuttering Tendencies](#)

## TLP INTIME

InTime was introduced in 2014 and is the first and only rhythm-based music listening therapy with world music for children, teens, adults, and the elderly.

It's a multi-level program to encourage timing and synchrony in the brain and body.

**Listeners find that through inTime, they feel more joy and a greater level of:**

- Synchrony of the brain and body
- Intentionality
- Mental clarity
- Immune system response
- Stress reduction
- Sensorimotor capabilities

The inTime method is unique in The Listening Program as it is the only interactive, movement-based program. It includes a guide with movement activities using the body, the voice, and drumming. It's based on the idea that when a person frees their body, they free their brain. By synchronizing the brain with more fluid movement and body rhythm, the brain can use its energy for higher-level thinking skills.

**inTime is beneficial for those with:**

- Neurological or developmental disorders
- Remarkable birth histories
- Atypical self-calming abilities
- PTSD
- TBI
- Previous strokes
- Physical rehabilitation goals
- Athletic performance goals

Testimonial: *"I experienced almost immediate changes with inTime. I felt more energized and focused right away and had significant, ongoing improvements in my sleep, mood, and overall sense of well-being. I highly recommend this program!"* – Lisa H.

**Case Study:** [Marian, 25 years old, Aspergers diagnosis](#)

**Study:** [Integration of the inTime technique for Children With Learning Disabilities](#)

## What Differentiates TLP from Other Music and Music Listening Programs?

The Listening Program is more than music. It's an innovative personalized listening therapy that features the latest technological advancements and intentional music recordings with unmatched quality, enjoyment, and effectiveness.

To date, TLPs neuroacoustically modified music is singular in the field due to a few features, including:

- Home-based model
- Research
- ABC Modular Design
- Spatial Surround
- High Definition Recording

To understand the importance of these features, they are each explained in more detail as follows:

### Home-based Model

Many therapeutic programs require active participation from the child or adult, which can sometimes be challenging to achieve. A person using TLP simply puts on headphones and relaxes or engages in a calming activity while listening for 15 minutes per day, five days a week. It truly is that simple.

[View Recommended Listening Activities Guide](#)

### Research

At Advanced Brain Technologies, we have been researching and developing neuroscience-based music programs since 1998. Before that, our founder, Alex Doman, and his family have more than 75 years of pioneering contributions to the field of human brain development and brain enhancement.

That work informed each step of creating TLP, with over 20 independent studies demonstrating its effectiveness.

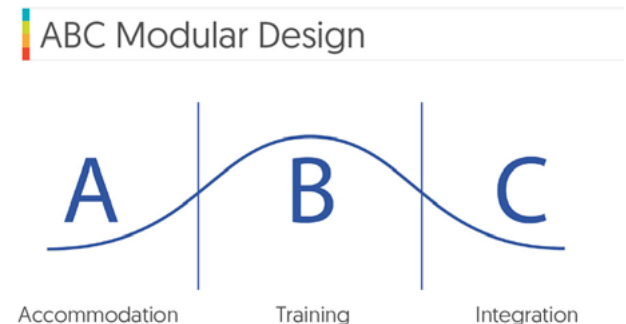
One peer-reviewed journal article, "Use of Acoustically Modified Music to Reduce Auditory Hypersensitivity in Children," was published in Music and Medicine. The report includes a review of the effect of TLP on listening, auditory processing, educational abilities, and reduction in auditory hypersensitivity. Many of those outcomes are possible due to modifications found only in TLP music, such as the ABC Modular Design, Color-coded Frequency training zones, Auditory tone bursts, Spatial Surround, and how those contribute to the benefits listeners experience with TLP.

### ABC Design

All TLP Core Programs follow the ABC modular design because the brain requires more than carefully selected music and neuroacoustic modifications for effective music listening therapy.

TLP music is divided into 15-minute modules. There are three distinct phases within these modules, each with a specific purpose.

To achieve the best results during each module, the brain first needs to be prepared to receive information. This preparation, or "A phase," is part of every listening module. Not only does the music in that phase prepare the brain to learn and grow, but it also helps a person feel more relaxed and grounded.



Authors:  
Alex Doman  
Jay R. Lucker, EdD, CCC-A/SLP, FAAA



The more intensive stimulation of the “B” phase is when the modifications reach their peak. The “B” phase is where the brain receives the most intense but still gentle workout. Specific brain areas are stimulated through music, encouraging growth and change. As the music reaches the end of the module, in the “C” phase, all neuroacoustic modifications are gently removed to leave the listener in a focused/relaxed state.

Essentially, the ABC modular design is similar to a workout at the gym, a warmup, workout, and a cool down.

### Zone Training

Zone training is unique to TLP. Images of the brains exposed to music show that the human brain responds differently to various frequencies. Using that knowledge, TLP has separated the frequencies into four color-coded training zones; blue, green, orange, and red. Each zone focuses on a different band of sound frequencies, which are then mapped to brain regions that respond to varying properties of sound according to vibratory frequency.

By separating frequencies into zones, listeners can look for and expect specific outcomes during a training program and choose a program that best fits their needs.

Learn more about Zone Training in this video:



### Spatial Surround

Spatial Surround is a music recording and production process in which multi-channel sound is presented to provide music in five individual channels or locations. This results in a rich listening experience for listeners who often say they feel like they’re sitting in an orchestra pit, with various instruments all around them.

Not only is this feature enjoyable, but it also further helps synchronize the left and right hemispheres of the brain, which improves brain integration. Speaker-based listening experiences can’t bring the whole brain benefits to a person how spatial surround can. The spatial surround is best experienced with high-quality headphones without Bluetooth or noise-canceling abilities. Modern upgrades like these will diminish or take out the spatial surround features of TLP.

The Listening Program is unique in the field of music listening therapy with the extensive research behind it and millions of stories from people of all ages and abilities who have seen profound effects in their lives by using it regularly.

In as little as 15 minutes daily, TLP is a go-to solution for anyone wanting a natural way to improve their brain function and overall quality of life.

Activate your free 7-Day Trial today at [try.advancedbrain.com](https://try.advancedbrain.com)

Contact us: +1-801-622-5676