



Success Story

SHAWN BLYMILLER
PARENT OF THEO, AGE 9
PANDAS & AUTISM SPECTRUM DISORDER

Initial Challenges: Emotional regulation, following directions, communication, sensory sensitivity

Program Used: The Listening Program® Spectrum with Waves™ Air and Bone Conduction Headphones

Noticed Benefits: Immediate improvements in responsiveness, increased calm, enhanced connection, support for other therapies, long-term auditory processing growth

Starting the Day with Calm and Connection

When Theo began The Listening Program at age four, one of the biggest challenges we faced was helping him regulate his emotions, especially in the morning. Those early moments shaped the rest of the day, and we were looking for something that could help him begin with more balance and ease.

How We Found TLP

I first read about The Listening Program in an online article that referenced *Son-Rise: The Miracle Continues* by Barry Neil Kaufman. It told the story of how Barry and his wife, Samahria, were able to connect with their nonverbal son, Raun, who had been diagnosed with autism. Their approach focused on love, acceptance, and meeting their child where he was. That message stayed with me.

The article also mentioned The Listening Program as a way to support a child neurologically—helping the brain regulate, process, and become more receptive to connection. I was inspired to try it with Theo.

We began with the Spectrum program, using the Waves air and bone conduction headphones. Theo listened for 15 minutes a day, about three to four times per week. Some of the best days we had were the ones that started with TLP.

What We Noticed Right Away

The changes came quickly. Theo began following directions more often and responded to requests more

consistently. One moment that stood out was when we asked him to close the fridge—and he did. That simple action was something we hadn't seen before. It showed us he was more aware, more in sync with what was being asked, and it gave us a quiet but powerful sign that something was shifting.

We also began to see more eye contact. It wasn't forced or expected—it just began to happen more naturally. Those brief moments of connection, where he would look up and meet our eyes, felt like something new was opening between us.

His overall behavior felt more regulated. The number of meltdowns decreased, and there were more moments of calm and connection. He wasn't a big fan of the headphones at first, which made sense given his sensory needs. But when the environment was right and he felt comfortable, he accepted them. We gave him space to adjust and built the routine at a pace that worked for him.



Over Time: A Deeper Connection

As we continued with the program, we began to notice something deeper. TLP helped us reach Theo in a way that felt subtle but meaningful. It gave us more consistent contact with him—a way to support his regulation and presence without needing to push or explain.

One of the most important things we noticed is that The Listening Program helped Theo get more out of his other therapies. When he was more regulated and responsive, those sessions became more productive. He was able to participate more fully, and the progress we saw carried over into other areas of his development.

We are still working hard on his progression, and like many families, we are navigating ongoing challenges. But The Listening Program has been a valuable part of that work. It continues to support his auditory processing and emotional regulation in a way that holds steady over time.

A Message for Other Families

We live in a fast-paced world, surrounded by constant input. For our son, and for our whole family, The Listening Program gave us a way to slow things down in a meaningful and practical way. It's not meditation, but it created a space that felt meditative—structured, calming, and supportive.

With all the noise in daily life, it can feel overwhelming. TLP helped turn that noise into something intentional. It transformed the cacophony into a kind of symphony—and it was an actual symphony that helped our son's brain find rhythm, calm, and clarity.



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- Shawn Blymiller