

The Listening Program®

Core Program Playbook

Program Selection
Using the Brain Scale



This Is Your Clinical Compass

You're already trained. You understand the structure, the zones, and the science behind The Listening Program. But when you're sitting across from a client or trying to make a recommendation remotely, it helps to have a guide you can rely on.

This playbook simplifies the decision-making process using the Brain Scale and your clinical judgment. It doesn't replace your expertise. It supports it so you can move forward with confidence, not hesitation.

The Key Principle: All Programs Train All Zones

Each Core Program includes training across the full auditory spectrum:
Blue, Green, Orange, and Red.



You're not picking a program because it only supports one zone.

You're choosing the program that offers the deepest support
in the area where your client needs it most.

Step 1: Use the Brain Scale to Identify the Primary Need

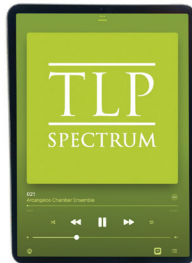
“Which zone is showing the greatest need and aligns with the goals the client or family has shared?”

That’s your anchor point.
That’s the area that should drive your program selection.

Step 2: Match the Primary Need to the Program

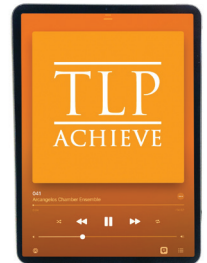
TLP Spectrum

This foundational program emphasizes the green frequency zone, making it ideal for reducing stress, integrating sensory systems, and enhancing memory and motor skills. It utilizes classical music to provide a calming and enriching auditory experience.



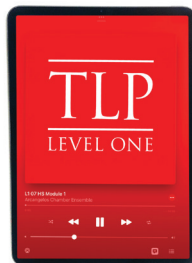
TLP Achieve

Focused on the orange frequency zone, this program enhances communication, language skills, and impulse control. It is perfect for improving academic confidence, executive function, and social skills, employing classical music to foster cognitive engagement.



TLP Level One

As the most advanced program, TLP Level One targets the red zone and fosters peak performance, boosts mood and energy, and enhances executive functioning. It uniquely incorporates nature sounds alongside classical music, promoting relaxation and cognitive clarity.



TLP inTime

Distinct from the other programs, TLP inTime is a rhythm-based music listening therapy using world music. This program is designed to synchronize brain and body rhythms, enhancing motor control, balance, coordination, and organizational skills. It is adaptable to a wide range of needs and promotes overall well-being and resilience.



Primary Need

Recommended Program

- Emotional regulation, presence, calming the system* → **Spectrum** – most gentle, ideal for young children, trauma, or high sensitivity
- Sensory processing, physical stress, and coordination* → **Spectrum** or **InTime** (with green zone emphasis)
- Speech, auditory processing, language, and reading* → **Achieve** or **InTime** (orange zone protocol)
- Executive function, independence, cognitive flexibility* → **Level One** or **InTime** (advanced protocol)
- Movement, timing, balance, or mood regulation* → **InTime** (customizable to support a wide range of goals)

Step 3: Cross-Check with Client Profile

These are not rules; they're guidelines to support clinical thinking.

Client Profile	Best First Program
Young child (2–6)	Spectrum
Highly sensitive or dysregulated	Spectrum or inTime
School-aged with learning needs	Achieve or inTime
A teen or an adult with EF needs	Level One or inTime
Motor coordination needs	inTime

Step 4: Ask These Three Questions Before Finalizing

1. Does this program meet the person where they are today?
2. Does it directly support the client's most important goals?
3. Am I confident in how I'll explain this choice to the client or caregiver?

If you can answer yes to all three, you've made the right decision.

Tie-Breaker Tips (When Two Programs Seem Right)

- Lean toward **Spectrum** if regulation is still fragile.
- Choose **Achieve** if speech, communication, or auditory learning is central.
- Go with **Level One** only if the client is older, stable, and ready for deeper training.
- Use **inTime** when rhythm, movement, or sensory-motor needs are present or when you want to complement a classical program.

Still unsure? Pick the program that offers the greatest chance of **daily success**. It's better to start with something the brain can absorb now and build from there.

TLP Schedules – How do I choose the right schedule?

Extended Schedule

[15 minutes, one time per day]

The Extended Schedule is a gentle, low-intensity option ideal for young children (ages 2–5), sensory-sensitive listeners, emotionally or medically fragile individuals, or anyone with limited time. It's also an excellent place to start for those who may resist or struggle with compliance. If a listener is having difficulty maintaining a higher-intensity schedule, switching to the Extended Schedule can help them stay consistent.

Base Schedule

[15 minutes, two times per day]

The Base Schedule provides a moderate level of intensity for listeners age six and older. Allow at least a 30-minute break between sessions.

Many families find it works best to listen once in the morning and again in the late afternoon or early evening. For school-aged children, before and after school sessions fit easily into the daily routine. Two shorter sessions can be easier for listeners who find it challenging to sustain attention.

Condensed Schedule

[30 minutes, one time per day]

The Condensed Schedule offers a moderate to high-intensity option suitable for clients age nine and older who can stay engaged throughout the full 30-minute session. Many enjoy using this longer listening time as a focused activity during relaxation, creative time, or homework.

If Listening Is Missed

Consistency is essential to progress, just like physical exercise. When sessions are missed, The Listening Program Online automatically adjusts the sequence to ensure that listeners continue reinforcing foundational skills before moving ahead.

- Miss 1–3 days: Repeat the missed days
- Miss 5–10 days in a row: Go back 5 modules
- Miss 11–20 days in a row: Go back 10 modules
- Miss 20+ days in a row: Return to the beginning

Encourage families not to worry if interruptions happen. The goal is to return to a steady rhythm as soon as possible rather than start over unnecessarily.

Real Life: What If...

The Brain Scale shows multiple high-scoring zones?

Start with the one tied to day-to-day function or the highest emotional impact. Often, regulation (Blue/Green) must be addressed before gains in language or learning (Orange/Red) can take hold.

The Brain Scale looks fine, but the client is clearly struggling.

Trust your instinct. The Brain Scale is a guide—not a substitute for clinical judgment.

The client doesn't complete all 200 or 400 sessions?

Resume where they left off. Reassess when consistent listening resumes. Don't jump ahead unless readiness is clear.

The client is sensitive. Can I adjust the schedule?

Yes. All programs are designed to be flexible. One 15-minute module per day is a valid and effective way to begin.

After Each Cycle: Reassess and Plan the Next Step

Once your client completes 200 or 400 sessions, have them complete the Brain Scale again. Use it to:

- ✓ Track measurable progress
- ✓ Set new goals
- ✓ Decide if the client would benefit from repeating the same program or transitioning to a new one

This is the brain's version of checking your strength gains at the gym. If the foundation is still building, another round of the same program might be exactly what's needed. If new challenges are emerging, that's your cue to transition.

Think Like a Brain Fitness Coach

The Listening Program is not a one-time intervention. It's a method of **training the brain over time**, just like physical fitness builds strength, flexibility, and resilience.

You wouldn't go to the gym for 2 months and expect lifelong results. The same is true for the brain.

So help your clients think bigger:

- Start where the brain needs the most help
- Support consistently over time
- Use each program as a step in a long-term growth plan



You Already Know What You're Doing

This playbook reinforces what you already know, so you can make decisions without hesitation, speak clearly to families, and deliver the full impact of The Listening Program with clarity and confidence.

You've got the training. Now you've got the playbook.



For more information visit:
advancedbrain.com

Call: 801-622-5676



advancedbrain.com

520 N. Marketplace Drive, Suite 204
Centerville, UT 84014

info@advancedbrain.com

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