



# Kiki's Children's Clinic

## Therapeutic listening programme - TLP



*Listening to this music  
improves lives*

TLP music based therapy activates listening and helps children tune into and respond to the world.

TLP improves basic physiological functions.

Therapeutic listening music exaggerates sounds that naturally capture attention. It activates parts of the brain that regulate body functions, how we behave and how we relate to others. TLP influences the whole body.

TLP can be combined with a variety of sensory motor therapies and relationship strategies to enhance the speed of change and improvement. Each therapeutic listening programme is unique and tailored to the individual's needs.

Even small changes can make a big difference in a child's life. TLP is fun and effortless. Listen, enjoy and improve – it works!

### **TLP can help**

- Regulate the level of arousal/alertness to improve  
sleep / wake cycles  
auditory, movement and touch tolerance  
focus and attention  
toilet training and cessation of bed wetting  
regulation of hunger and thirst
- Improve motor control  
using two sides of the body together  
motor planning / variety of play / fine motor control  
independence in activities of daily living
- Postural tone  
sustain posture on stable/dynamic surfaces  
improved stability  
improved trunk rotation in movement
- Understanding and organisation in time and place  
better understanding of place and space  
better timing & better social interactions  
better handwriting and other visual-motor skills
- Communication  
greater range of non-verbal communication  
improved emotional expressions  
improved responses to direction  
confident communication

### **Costs**

Initial consultation - with OT assessment £90 - £135

Repeat appointments £75 Per hour

Headphones £10 / week.

Music & equipment £5 item / week

### **Booking**

Contact the Clinic Administrator on:

Tel: 020 7450 1708 or

Email: [infoadmin@kikisclinic.com](mailto:infoadmin@kikisclinic.com)



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