



AQUILLA

OCCUPATIONAL THERAPY SERVICES

Bérard Auditory Integration Training (AIT)

Frequently Asked Questions

1. What is Bérard AIT?

Dr. Guy Bérard, an ear, nose, and throat doctor from France, developed an auditory training system called Bérard Auditory Integration Training. Bérard AIT was developed to address auditory hypersensitivity, distortions, and delays in hearing that negatively impact auditory processing. The system uses music, fed through headphones to an individual, to train the middle and inner ear to better process auditory information. This educational training system has been shown to be effective for improving attention and focus, sensory processing, communication, confidence and school related skills of reading, spelling and writing.

2. What is Optimal Listening?

Optimal hearing is the ability to perceive all frequencies of sound comfortably, and equally between the ears. When hearing is at an optimal level, effective listening is possible, and meaning can be more easily derived and processed from the sounds.

3. What interferes with Optimal Listening?

Hypersensitivity, hyposensitivity, distortions or delays in hearing, unequal processing of frequencies, and inconsistencies or lack of coordination between ears all have the potential to interfere with optimal listening. One or more of these conditions can be present at the same time, causing further interference to hearing and auditory processing for individuals.

4. How do you know when listening is not at an optimal level?

Individuals who do not hear at an optimal level may have difficulty with attention and focus, may be hyper or hyposensitive to sounds, may be easily distracted, may be delayed in thinking or reaction time due to processing delays, may have difficulty integrating auditory information with other sensory information, may have difficulty planning or sequencing, may have difficulty with school tasks (writing, reading and spelling) and may be easily overwhelmed, or prone to tantrums.

5. How does Bérard AIT address these issues?

Bérard AIT provides the individual with the opportunity to listen to music that has been specifically filtered for their comfort and modulated for training of the inner and middle ear. This program aids in the reorganizing of the brain its own ability to modify response, a feature called neural plasticity. Through personalized auditory stimulation, the reorganization of the brain can reduce delays in processing, sensitivity, and other problems with hearing and communication.

6. What to expect from Bérard AIT

Bérard Auditory Integration Training involves twenty 30-minute listening sessions over ten to twelve days. The listening sessions involve the individual listening to specialized music, through headphones. Targeted skills and behavioural changes are facilitated by the training of the inner and middle ear, which allow for effective processing of sound and meaning in the auditory cortex. Neural plasticity, the changing of connections in the brain, can enable alternative performance and skill and requires both frequent repetition and attention. Dr. Bérard, the founding father of Bérard AIT, described ten hours of sequential training as ‘the catalyst for change in an individual’s auditory system.’

Bérard AIT is guided, when possible, by auditory test results, which occur before the training, halfway through the training, and after the training. The auditory training can be modified after the mid-point audiology test to reflect the advancement of the individual. Those who are not able to complete an audio test can still be eligible for AIT, please speak to your practitioner for more information. A device called the *Earducator*™ specifically modifies and modulates the music played during training, and can filter out specific frequencies in order to train the individual’s auditory system. This can enable structural changes to occur in the auditory processing areas of the brain. The following observations have been reported following Bérard AIT:

- *Reduction of tantrums*
- *Decreased sensitivity to auditory stimuli*
- *Reduction in hyperactivity, increased attention*
- *Increased focus and ability to follow directions*
- *Increased confidence, socialization, and communication skills*
- *Improved reading, spelling and writing*
- *Improved sensory processing, and decreased sensory overload*
- *Improved spatial understanding*

7. How do we know that Bérard AIT works?

Much research has been done regarding the success of Bérard AIT for the above claims. At the following links, you can explore some of the studies conducted:

<http://www.berardaitwebsite.com/study-results/>



AQUILLA

OCCUPATIONAL THERAPY SERVICES

AUTHORIZATION for Assessment and/or Program Participation

I authorize _____, Bérard Auditory Integration Training (AIT) Practitioner to complete the required sessions of Bérard AIT with the client, which involve listening to modulated music, through headphones and the Earducator machine, for a total of ten (10) hours.

I understand the associated and possible adjustment effects of Bérard AIT, including transition behaviour; such as temporary aggression, changes in mood, fatigue, and/or hyperactivity. I also understand the possibility of alteration of perception (sounds may seem new, sensory stimulus may become overwhelming), requiring an adjustment period. I agree to provide the Bérard AIT Practitioner with follow-up information, and communicate questions and concerns with said Practitioner. I also understand the discouragement of headphone use associated with this educational program. I understand that the use of headphones while away from Aquilla OT Services during, or after the termination of, training has the potential to decrease the effectiveness of the program. Lastly, I understand that ears must be at optimal health before the initiation of training. Ears must be free of excessive wax, debris, fluid, and infection in order to commence with, or continue training. In the event that any of these conditions begins during training, training will be terminated and be postponed until ear health is restored and confirmed by a health professional.

Client's

Name:

(please print)

Last

First

Address:

Date of Birth:

Signature:

Guardian, if
applicable:

Relationship:

Witness:

Date:



AQUILLA

OCCUPATIONAL THERAPY SERVICES

AUTHORIZATION for Sharing Information

I authorize _____ Auditory Integration Training (AIT) Practitioner:

To share and exchange information through phone, direct, written, and email communication about the participant (myself or child and family) with:

Client's
Name:
(Please print)

_____ Last

_____ First

Address: _____

Date of Birth: _____

Signature: _____

Guardian's
Name (if
applicable): _____

Relationship: _____

Witness: _____

Date: _____



AQUILLA

OCCUPATIONAL THERAPY SERVICES

AIT Pricing Information

The cost for the full Bérard AIT Program is **\$1,500 CAD**. This fee includes 20 sessions of Bérard AIT with a trained practitioner. It **does not include** audiological assessments. Payment for the Bérard AIT program can be made in one, two, or three payments. All payment must be processed by the finalization of the program, unless otherwise agreed upon by both the participant/guardian and the practitioner. Payment options include cash, cheque, e-mail transfer, or in person debit and credit payment at the clinic.

Generally, we hold sessions during school breaks for children. That being said, we are happy to accommodate an alternative start date, though it is recommended that AIT programming happens when children are not in school, to minimize exhaustion and stress. Please be in touch with us at the clinic to discuss available dates!