

The Listening Program® Systems

Retail/Client Pricing

Evidence-Based Programs
for Optimal Brain Performance



TLP Complete+

Retail price: \$2,445.00

Retail price: \$3,090.00 *[with 3 months coaching]*

Total Product Value:
\$3,770.00

What you get

iPad Pre-Loaded with:

- TLP Spectrum, TLP Achieve, TLP Level One, TLP inTime
- Sleep Genius, Sound Health, Music for Babies



Waves Air & Bone Conduction Headphones System

Tote Bag

1 Yr. Limited Warranty

TLP Complete+ - The Ultimate Solution for Individuals and Families

TLP Complete+ is an effective solution that can help you reduce stress and enhance your cognitive and physical performance over time. TLP Complete+ provides access to more advanced training protocols for continued growth and lasting change, with programs **valued at \$3,770.00**.

With almost **90 hours** of therapeutic music, it's perfect for anyone who wants to achieve their goals and improve their overall well-being. You can enjoy a daily listening routine with The Listening Program and supportive music from Sleep Genius, Sound Health, and Music for Babies.

If you or a loved one are receiving therapeutic or educational interventions, using TLP before or during sessions can help you feel more engaged and responsive, which can lead to faster results. Your TLP Certified Provider can develop customized protocols for individual program plans or the whole family to address your specific needs.

For sensitive listeners, enjoy gentle training with speaker-based supportive music and guidance from your provider to help you progress to headphone listening. Take control of your well-being and achieve your goals today with TLP Complete+.



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Music brings us pleasure and releases our suffering. It can calm us down and pump us up. It helps us manage pain, sleep better, and be more productive.

— Alex Doman

Founder of Advanced Brain Technologies

[Watch TEDx Talk: “Your Brain is Better on Music”](#)

TLP Essential+

Retail price: \$1,945.00

Retail price: \$2,590.00 *[with 3 months coaching]*

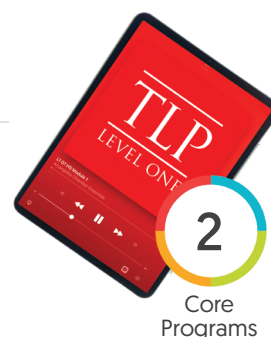
Total Product Value:
\$2,745.00

What you get

iPad Pre-Loaded with Choice
of Two TLP Core Programs:

- TLP Spectrum ☐
- TLP Achieve ☐
- TLP Level One ☐
- TLP inTime ☐

- Sleep Genius, Sound Health, Music for Babies



Waves Air & Bone Conduction Headphones System

Tote Bag

1 Yr. Limited Warranty

TLP Essential+ with Waves offers you the flexibility to choose two TLP Core Programs and enjoy up to **70 hours** of ABT's original therapeutic music library, along with **bonus music worth \$300**. The program plans, which incorporate Sleep Genius, Sound Health, and Music for Babies, are highly effective and can be customized to meet your specific goals.

Whether you want to improve your emotional, mental, or physical well-being, TLP Essential+ with Waves is the perfect solution. It's tailored to your current and future needs, helping you refine and further develop your outcomes. You can also share the benefits of TLP with your family, and support their goals through customized program plans. Start experiencing positive changes in your well-being today with TLP Essential+ with Waves.

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Read more at
advancedbrain.com

The real goal of treating patients is to find what's impairing their ability to heal or develop. When we added The Listening Program, they quickly made significant gains. TLP's specially filtered acoustic music stimulates the brain and nervous system to help the body deal with stress better, leading to improvements in cognitive function, language, and socialization.

— Allen T. Lewis, MD

ABT Clinical Director

Founder of Sancta Familia Center for Integrative Medicine

TLP Basic+

Retail price: \$945.00

Retail price: \$1,590.00 *[with 3 months coaching]*

Total Product Value:

\$1,885.00

[Headphones not included]

What you get

iPad Pre-Loaded with Choice of One TLP Core Program:

- TLP Spectrum ☐
- TLP Achieve ☐
- TLP Level One ☐
- TLP inTime ☐
- Sleep Genius, Sound Health, Music for Babies



1 Yr. Limited Warranty

As a busy parent or individual, you want a simple yet effective solution to support your goals. TLP Basic+ is just that. It includes your choice of one TLP Core Program, plus **19 hours of bonus music worth \$300**: Sleep Genius, Sound Health, and Music for Babies, all of which can be used in the comfort of your home. And if you don't already have approved headphones, they can be added on as well.

Not only is TLP Basic+ an excellent way for you to focus on specific goals, but it can also complement

the educational or therapeutic services you are involved with. Incorporating TLP Basic+ into your daily routine can help you reach your goals more quickly and efficiently, whether it's improving your sleep, reducing stress, or enhancing cognitive and physical performance.

With TLP Basic+, you'll have the tools you need to take control of your well-being and achieve your goals. Start today and experience the benefits of improved emotional, mental, and physical health.



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I have used The Listening Program consistently with my clients since 2008. TLP lays the foundation and readies the body for sensory regulation, calming, and decreasing the stress response. It helps to optimize motor planning and perception and enhances overall auditory processing abilities, which are critical for full participation and achievements in higher-level learning.

— Nancy Marin, OTR/L, C-NDT, IYT

Occuplay, Inc, Director/Owner

TLP Certified Provider since 2008

[Read more at advancedbrain.com](http://advancedbrain.com)

TLP Systems

The Listening Program is a music listening therapy that enhances therapeutic and educational outcomes by restoring or creating mental and emotional homeostasis for improved brain performance for children and adults.

Our TLP Systems are designed to meet each client's unique needs in the home, clinic, school, and other

settings. Each system includes up to four TLP Core Programs and supportive music programs that enhance The Listening Program, providing a holistic brain training experience. Most systems also come with our Waves Air & Bone Conduction Headphone System, an advanced technology that amplifies the benefits of The Listening Program.

	TLP Complete+	TLP Essential+	TLP Basic+
4 Core Programs	✓	n/a	n/a
2 Core Programs	n/a	✓	n/a
1 Core Program	n/a	n/a	✓
Waves Air & Bone Conduction	✓	✓	n/a
Sleep Genius	✓	✓	✓
Sound Health	✓	✓	✓
Music for Babies	✓	✓	✓
Retail Price	\$2,445.00	\$1,945.00	\$945.00
Retail 3 Month Coaching Price	\$3,090.00	\$2,590.00	\$1,590.00
Total Product Value (no coaching)	\$3,769.85	\$2,749.85	\$1,210.00



“

The Listening Program made positive changes in a short period of time in attention, reduced sound sensitivities, and his conversation skills soared! My son enjoys more of the world and the people in his life. TLP is easy to do, which is what our family needed. Nicholas will continue listening to keep working toward the goals to thrive in Middle School and beyond.

— Mother of Nicholas (age 13, Autism Spectrum Disorder)

[Read more at advancedbrain.com](http://advancedbrain.com)

Transform Your Brain and Enhance Your Life

Discover the Life-Changing Benefits of The Listening Program

Incorporating The Listening Program and supportive programs can help you achieve optimal brain performance, leading to a higher quality of life, increased confidence, improved social interactions, and a better ability to function in everyday life.

Solutions for You

ABT offers listening training adapted to the needs of each person.
Our programs offer solutions for the areas you're looking to improve:



Rehabilitation



Sensory Processing



Executive Function



Communication



Learning



Social & Emotional



Stress Management



Focus



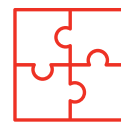
Motor Skills



Memory



Wellness



Problem-solving



Sleep

Developed by Experts - Backed By Science

Advanced Brain Technologies (ABT) is a leading neurotechnology company founded by Alex Doman in 1998. Our work is informed by over 75 years of clinical experience in the field of human brain development stemming from Alex's family of three generations of early pioneers dedicated to improving brain performance. This wealth of knowledge is applied to the products we create and the work we do to help individuals reach their full potential.

At ABT, we research and develop innovative neuroscience-based music programs to improve brain function for people of all ages. Our team consists of therapists, scientists, musicians, producers, technologists, product designers, and sound engineers from around the globe. Together, we have combined varied disciplines to create our innovative brain-training programs.

Unlock Your Potential

Improve Emotional Regulation, Communication, and Focus

The Listening Program harnesses the brain's natural ability to change itself through a process called neuroplasticity. TLP strengthens neural networks with four innovative personalized listening protocols

with the latest technological advancements and intentional music recordings with unmatched quality, enjoyment, and effectiveness.

4 Core Programs

TLP Spectrum

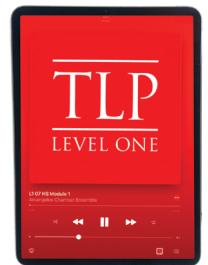
A foundational program to calm auditory sensitivities, improve sensory processing, motor control, reduce stress and anxious feelings to develop a sense of safety and well-being.



Features 25 hours of original classical music recordings with neuroacoustic modifications for headphones.

TLP Level One

The most advanced program to refine and improve auditory processing, executive function, sensory regulation, emotional and social wellness, communication, mental and physical abilities.



Features 10 hours of original classical music recordings and nature sounds with neuroacoustic modifications for headphones.

TLP Achieve

An intermediate program to promote executive functioning for success at school, work, and life. Supports improved learning, speech/communication, listening, focus, attention, and memory.



Features 25 hours of original classical music recordings with neuroacoustic modifications for headphones.

TLP inTime

An adaptable program to support any level of function. Feel uplifted and in sync in life with adaptive responses to stress. Balance the body for mental, emotional, and physical wellness.



Features 8 hours of original rhythm-based world music recordings featuring over 100 percussive instruments with neuroacoustic modifications for headphones or speakers.

TLP Supportive Programs

Sleep Genius

sleep genius

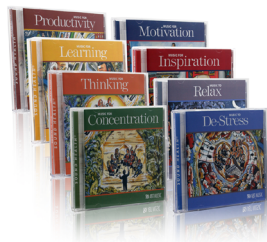
Sleep Genius uses music and acoustic technologies to induce deep, restful sleep by slowing down brain waves and heart rate. It helps people of all ages wake up feeling more energized and creative while improving their ability to handle social stress and overwhelming situations. Features four 1-hour sleep albums, each with psychoacoustically designed music,

neurosensory algorithms, multi-band binaural beats, and pink noise. In addition, the program includes a 30-minute relaxation program and a 29-minute power nap.

Features 5 hours of sleep-inducing original music for headphones and speakers.

Sound Health

Sound Health is a sophisticated collection of classical recordings providing artistic achievement and therapeutic benefits for enhancing overall health and well-being. Each album offers a rich and varied soundscape to nourish the mind, body, and soul. Sound Health is a valuable tool for complementing specific activities and supporting the benefits of The Listening Program.



Features 10 hours of classical music for headphones and speakers.

Music for Babies

Music for Babies provides young children an early start to a healthy listening journey. This music nurtures a universal wish for health and well-being by offering a melody of calm and relaxed alertness that resonates throughout the body, mind, and soul. The program is built note by note on scientific discoveries and developmental psychology to provide a nurturing foundation. Music for Babies supports The Listening Program and the healthy development of infants and toddlers.



4 Hours of Instrumental Classical, Nursery Rhymes, Lullabies, and Traditional Folk Music for Speakers.

Waves Air & Bone Conduction Headphone System



Waves is an innovative headphone audio system that combines air and bone conduction to provide a multi-sensory experience and optimize The Listening Program. Specifically designed for TLP, Waves offers a unique way to tune into sound by combining air-conducted sound (perceived through the ears) and bone-conducted sound (perceived through the body). This innovative system provides a more immersive and effective listening experience, enhancing the benefits of The Listening Program.



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I started The Listening Program to help me get my brain back after life, work, relationships, and depression took it away.

— Erin Matlock

Founder, Brain Summit

Top 50 Human Behavior Experts to Follow

[Learn more at The Sound/Mind Experiment](#)

FAQS

What are the expected outcomes of The Listening Program?

The Listening Program has numerous benefits for people of all ages. It can help improve emotional regulation skills, enabling clients to manage stress and anxiety more effectively. The program stimulates and develops the auditory system, which can lead to enhanced speech and language skills and memory. It can also improve focus and attention by enhancing the brain's ability to process and filter sensory information. For those with sensory processing difficulties, The Listening Program can improve their ability to integrate sensory input, leading to improved behavior and performance. Finally, clients may notice positive behavioral changes, including better self-regulation, increased confidence, and improved social skills. TLP can help individuals reach their full potential by enhancing their overall well-being and performance.

Is there scientific research and evidence supporting The Listening Program?

The Listening Program is supported by a robust foundation in child development and neuroplasticity, drawing on over 75 years of research and practical application. Multiple peer-reviewed studies have been published in international scholarly journals demonstrating the effectiveness of TLP in improving emotional regulation, speech skills, and focus in individuals with various neurological and developmental challenges. Many individual case reports and success stories also testify to the positive impact of TLP on individuals and families. For almost 25 years, professionals and families have been using TLP with a proven track record of success in improving the lives of those with neurological and developmental challenges. Leading institutions continue to conduct clinical research trials to validate its effectiveness and improve its use in helping individuals with neurological and developmental challenges.

Will the results of The Listening Program last?

TLP stimulates specific areas of the brain involved in auditory processing, speech, language, communication, sensory integration, and motor skills. Consistent training triggers a neuroplasticity process, where the brain reorganizes itself to adapt and respond to the new stimulation. The neuroplastic

changes induced by TLP create new neural connections and strengthen existing ones, resulting in long-lasting behavior, performance, and overall functioning improvements. Moreover, TLP is delivered in a progressive and structured manner over a period of several weeks to several months, allowing the brain to continue to adapt and build upon the changes induced by the program. As a result, the benefits of TLP can be sustained and even continue to improve over time, leading to long-lasting positive outcomes for individuals who participate in the program. So, you can rest assured that the results of The Listening Program are likely to last and continue to improve over time, making it a wise investment in your overall well-being and performance.

How will I know if a TLP System is worth my investment?

TLP can reduce the long-term costs of therapy, tutoring, and other interventions since it improves your quality of life and can positively impact your academic, social, and emotional development. Professionals and clients have seen significant improvements with The Listening Program for almost 25 years, leading to faster educational and therapeutic intervention progress. We recommend exploring financial assistance through charities, scholarships, or other funding programs or financing options to make the program more accessible if the cost is a concern.

How does a TLP Certified Provider choose TLP Programs?

The process of selecting the right TLP program to achieve your goals begins with your provider considering important factors such as your age, developmental level, challenges, and goals. They may also recommend completing a TLP Brain Scale, which provides valuable insights into seven areas of brain performance. Using this information, your provider can guide you towards the most appropriate TLP Core Programs and supportive music. By evaluating and prioritizing the four color-coded training levels based on your strengths and challenges, you can select programs that target the areas requiring the most support. To make an informed decision, it is essential to carefully read the program descriptions and research the potential outcomes and benefits. This way, you can choose a program that aligns with your needs and goals.

My schedule is busy. How can I prioritize

The Listening Program?

Working with your provider to find the best ways to integrate a TLP protocol into your daily routine at home is a straightforward process. First, discuss your schedule and agree on a plan to use TLP for just 9-30 minutes each day, five days in a row. The program is flexible, so it won't disrupt your other daily activities. Investing time in the program can yield significant benefits, including improved emotional regulation, speech skills, and focus. In fact, many have reported seeing improvements within the first two weeks. Providers consistently encourage their clients to prioritize TLP as a crucial component of their development by scheduling specific times each day or week for the sessions. As you consider the long-term benefits, such as improved academic or work performance, social skills, and overall quality of life, you'll find that the time commitment is well worth it.

What strategies can be used if the person is resistant to using TLP?

The Listening Program is designed to be a quick and manageable activity for people of all ages, with sessions only lasting 9-30 minutes. To encourage participation, try incorporating the program into a daily routine and set aside a special time for listening sessions. Use positive reinforcement and praise to motivate the listener and celebrate their progress. You can make the listening sessions more enjoyable by incorporating fun and relaxing activities such as coloring, playing with playdough, gentle movement, meditation, or other sensory activities. If the person is initially resistant, start with just a few minutes of listening each day and gradually increase the duration of the sessions as they become more comfortable with the program. Remember, The Listening Program is intended to be a relaxing, fun, and engaging experience. The benefits can be significant, so don't be discouraged if it takes some time for them to engage fully.

How can we measure progress?

Measuring progress in The Listening Program is easy and accessible through various methods. One way is to use the TLP Brain Scale, a quantitative tool designed specifically for TLP to track changes in brain function and behavior.

Standardized assessments or evaluations can also be used to measure progress over time. For specific goals, like improving handwriting, taking before-and-after examples can visually represent progress. Another effective method is to keep a daily journal to note behavior, mood, and abilities changes. Videos can also be useful for observing changes in behavior, attention, or social interactions over time. These tools make measuring progress in The Listening Program simple and effective.

Can TLP cause any negative side effects?

TLP is a safe and non-invasive program tailored to individuals' needs to prevent overstimulation without negative side effects. The program's exclusive ABC Modular Design allows for gradual training and integration, with the flexibility to adjust the intensity and pacing as necessary. If you experience discomfort or overstimulation during the listening sessions, discuss options with your provider. They may recommend reducing the volume and listening duration, and ask if other factors may be causing discomfort, such as an illness or external stressors. They may suggest relaxation and grounding techniques to help. TLP has successfully assisted people with sensory processing challenges, and most listeners report improvements in calmness, focus, and emotional and behavioral regulation. Additionally, incorporating low-frequency training modules and calming supportive music can promote relaxation and reduce stress by calming the parasympathetic nervous system.

What are the benefits of working with a TLP Certified Provider?

TLP Certified Providers have specialized training and certification in The Listening Program, allowing them to tailor the program to meet each client's unique needs and goals and incorporate TLP into other therapeutic or educational interventions. They can create a personalized listening plan, monitor progress, and make adjustments as necessary. Additionally, they can offer supplementary resources, strategies, and activities to enhance the program's benefits. Working with a Certified Provider reassures clients as they have a qualified and knowledgeable professional to guide them through the program and address any questions or concerns for long-term use in a home environment.