



BERARD

AUDITORY

INTEGRATION TRAINING

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AUDITORY INTEGRATION TRAINING

Berard Auditory Integration Training (AIT) is an intervention developed by Dr. Guy Berard to correct or improve auditory hypersensitivity, distortions, and delays in the signals that interfere with an individual's ability to process auditory information normally. According to Dr. Berard, these auditory problems are factors that contribute to disorders such as learning disabilities, attention deficit, dyslexia, hyperactivity, central auditory processing disorder, sensory processing disorder, autism and pervasive developmental disorder.

The following is a list of characteristics typical of a child experiencing problems with auditory processing:

1. The child covers their ears, grimaces, cries or becomes irritable in the presence of loud sounds or “particular” sounds.
2. The child seems to hear sounds that others do not.
3. The child seems unaware of sounds even though there is no hearing loss.
4. The child becomes hyperactive, agitated, or aggressive in a noisy environment. There is a notable deterioration of behavior in a noisy versus quiet environment.
5. The child becomes withdrawn in a noisy environment.
6. The child watches others before following directions.
7. The child does not respond when their name is called.
8. The child stares at you after a direction has been given.
9. The presence of certain sounds appears to disorient the child and/or contribute to a loss of balance.
10. The child seems to be calm and “listen well” in one-on-one situations, but not in a group.
11. The child has trouble localizing sound.
12. The child has difficulty discriminating speech sounds.
13. The one child in class who is most likely to say, “What?” or “I didn’t hear you.”
14. The child seems to “tune out” auditory information when visually or motorically engaged.
15. The child is physically exhausted at the end of the day.
16. The child has atypical speech and language development.

History

Although many people are just becoming aware of Berard Auditory Integration Training (AIT), this program was initially developed in the 1950's in Annecy, France by Dr. Guy Berard, an Ear, Nose and Throat (ENT) physician. In Dr. Berard's earliest years of practice, his AIT program was used primarily to assist in certain cases of hearing impairment. However, with his discovery that learning related skills and abilities, such as attentive listening, concentration, auditory discrimination and memory skills, often improved following his AIT program, this intervention is now noted for its use as an educationally related intervention. (www.berardaitwebsite.com)

After 30 years of research and clinical work, Dr. Berard wrote the book, *Hearing Equals Behavior*. The book received its title due to his belief that behavior can be dictated by how we hear.

The Evaluation

The evaluation, known as the Berard Profile, is conducted using an audiometer and the individual is required to respond to beeps provided to both ears. If the individual can understand the directions and provide consistent responses, then a determination may be made as to the presence or absence of an auditory imbalance. Occasionally, an individual may not be able to complete the testing due to an inability to follow the directions. However, these individuals are still able to complete the training and receive full benefit.

Training

If one or more types of auditory imbalances is found and is thought to be interfering with the candidate's physical comfort, socialization and/or processing of information, then the Berard Method of Auditory Training is recommended. The Berard Method uses a device approved by Dr. Berard called the Earducator. The training consists of two, 30-minute listening sessions per day for 10 consecutive days. **The program is individually planned depending on each candidate's particular imbalances.** The training programme is different for each child. While the training takes place over 10 days, the full results are expected to emerge over the subsequent year.

Audiometric testing is obtained prior to, at the midpoint, and at the end of the 10 hours of listening. The first and mid-point tests are used to determine the individualized listening settings on the Earducator.

Berard AIT is provided personally and under direct supervision by a certified Berard AIT Professional Practitioner with the audio stimulation direct from the **Berard AIT device**. The modulation is **NEVER provided by CDs**.

Berard AIT can be administered to all ages with the minimum age being 3 years old. This training is for children, adolescents and adults who are experiencing difficulties with auditory integration regardless of the presence or absence of a current disorder

Research

Berard Auditory Integration Training: Behavior Changes Related to Sensory Modulation

Research results on changes in behaviors and sensory modulation after the 10 day Berard AIT program has been published in the peer-reviewed journal, Autism Insights. This is an open-access, online journal so the article is easily available to readers around the world. There is no fee to read the article. Just follow this link: http://la-press.com/article.php?article_id=408

Books

- *Hearing Equals Behavior* by Guy Berard
- *The Sound of a Miracle* by Annabel Stehli

Websites

- www.berardaitwebsite.com
- www.drguyberard.com
- www.autismresearchinstitute.com

Changes that have been noted DURING Berard Auditory Integration Training	Types of Changes Seen AFTER Berard Auditory Integration Training
<ul style="list-style-type: none"> • Increased or decreased sleeping • Increased or decreased eating and drinking • Mood swings (i.e. giggling, clingy, crying, easily frustrated) • Disorganization/confusion/forgetfulness • Dizziness • Increase in asking questions • Change in the type of questions asked • Increased desire for conversation • Spontaneously self-correcting grammar • Trouble “getting the words out” or sometimes misarticulating sounds • Increased eye contact • Increase in visual observations of everyday surroundings • Exaggeration of perseverative behaviors • More detail in drawings • Choosing to spell all words • Reading road signs for the first time • Change in problem solving skills • Increased willingness to try new things • Flash backs: talk of things that have not come up for years • Tingling around ears or an itching sensation deep inside the ear • Increase in verbalizing the presence of uncomfortable sounds rather than showing a behavioral reaction 	<ul style="list-style-type: none"> • Improved language comprehension and expression • Asking more questions and responding more quickly to questions • More alert • Better sleep patterns • Improved balance • Better concentration • Calmer during group activities • More aware of environmental sounds • Less sensitive to loud noises or fewer problems with loud noises • More open to other therapies • More social • Improved school performance • Better eye contact • Less frightened by unknown situations • More logical thinking • Better organizational skills • More able to sing in tune • Less time needed when studying • Helps more with family activities/chores • More self-awareness (including awareness of their body in space)

	<ul style="list-style-type: none">• Overall, most participants appear to be more accurate, efficient and integrated in responding to the auditory environment
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SCHEDULE FOR AUDITORY TRAINING

1. PRE-EVALUATION

To assess if the child is a candidate for Berard AIT.

It includes Hearing evaluation, Speech & Language evaluation, Behavioral evaluation, Sensory evaluation. Reading & Writing evaluation.

2. If the child is eligible for BERARD, then the schedule for the training is fixed. (10 days continuous, 30 mins each/ twice a day)

3. Post Berard training a assessment is done which determines the improvement observed in the child after the training.