

## Abstract Title:-

### The Impact of the Tomatis® Listening Program on Children with Autism Spectrum Disorder and ADHD: Case Study Evidence

**Keynote Speaker – Prof. Dr. Aleksandra Shumar – Certified Tomatis® Listening Program Professional**

#### Abstract:



Neurodiversity in learning environments has become an increasing focus for educators, parents, and learning-support professionals worldwide. Children with Autism Spectrum characteristics and Attention-Deficit/Hyperactivity traits often experience challenges related to attention, listening, sensory regulation, emotional balance, and classroom engagement. Alongside traditional educational and therapeutic approaches, innovative learning-support methods are increasingly being explored.

The Tomatis® Listening Program is an educational auditory stimulation approach designed to strengthen listening skills, attention, emotional regulation, and learning readiness through structured sound stimulation. Rather than being a medical treatment, the program supports how the brain processes sound and how listening impacts learning, communication, and behavior.

This presentation shares educationally focused case study evidence demonstrating how the Tomatis® Listening Program has been used to support children with Autism- and ADHD-related learning challenges. The cases highlight observable improvements in focus, classroom engagement, emotional regulation, confidence, communication, and adaptability. The findings suggest the Tomatis® Listening Program can serve as a valuable, non-invasive, and child-friendly complementary tool within inclusive educational and multidisciplinary learning-support settings.

#### Keywords:

Tomatis® Method, Auditory Stimulation, Autism Spectrum Disorder, ADHD, Sensory Integration

#### Learning Objectives

By the end of this session, participants will be able to:

- Explain how auditory processing and listening influence learning, attention, and emotional regulation in children with ASD and ADHD traits.

- Describe the Tomatis® Listening Program as a structured, non-invasive auditory stimulation approach used in educational support settings.
- Identify common functional outcomes observed in case studies (e.g., improved attention, engagement, communication, emotional balance).
- Discuss how Tomatis® may complement inclusive education and multidisciplinary support plans for neurodivergent learners.

### **Short Professional Biography:**

Prof. Dr. Aleksandra Shumar is an experienced specialist in child-centered educational and psychological support, with expertise in developing individualized intervention plans using evidence-based approaches such as CBT, REBT, Gestalt psychotherapy, and counseling. She is a Certified Tomatis® Listening Program Professional and integrates auditory stimulation methods to support attention, emotional balance, sensory processing, communication, and learning readiness. Her work focuses on holistic strategies that promote academic success, resilience, interpersonal growth, and effective coping skills within inclusive and multidisciplinary frameworks.