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## **The Effects of Therapeutic Listening on Bilateral Coordination**

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## **Abstract**

Therapeutic Listening® is an intervention increasingly used by occupational therapists despite the lack of supporting evidence in current literature. Therapeutic Listening® is a sound-based treatment developed by Sheila Frick, OTR/L, rooted in sensory integration. The purpose of this continuation study was to compare the quality of bilateral movement in typically developing children after either listening to Therapeutic Listening® Bilateral Coordination Quick Shift or listening to white noise. This study used a randomized control pretest-posttest experimental design to analyze posture, smooth and continuous movement, effort, precision, and arm/leg movements. Specific items were further analyzed after eliminating those with a strong ceiling effect and focusing on items that approached significance in the previous study. Results showed the Quickshift series to have a moderate effect on qualitative movements during bilateral tasks by improving smoothness and rhythmicity. Overall, when compared to the white noise group the intervention group showed a greater improvement in bilateral coordination. Limitations of this study include a low statistical power, and a high ceiling effect. However, despite these limitations the Quickshift series shows promise as an intervention to improve bilateral coordination as this study, together with the standardized tests from the previous study show a trending effect of Therapeutic Listening® on bilateral coordination.