



**Cluas**

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*Opening up the  
opportunity  
to overcome  
developmental  
obstacles*

*With a Cluas Programme  
students who struggle  
can discover how to listen,  
understand, and succeed at  
secondary school*



## Introduction

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For some students paying attention and concentrating in class is very difficult. One of the main reasons for this, is that some students find it very difficult to filter out all the surrounding noise and sounds in the classroom. This makes it difficult for them to focus on what is important - their teacher. The student may find it easier to concentrate in the mornings but as a sustained effort is required throughout the day, this becomes a problem and the student simply switches off. When understanding and comprehension are reduced, the motivation to apply themselves to school work reduces significantly.

These difficulties can be seen as a listening problem or an auditory processing difficulty.

Other students may have difficulty with the written language. Students who have an auditory processing difficulty have to put a great deal of effort into processing the sounds of language. They may have difficulty associating the sound of a letter or word with its written shape. This can lead to difficulties with reading and spelling.

A student who has difficulty grasping mathematical concepts may have an underlying difficulty with spatial reasoning. This difficulty may be due to an underlying vestibular (the part of the ear that deals with the body's position in space) deficit, which may manifest itself as a difficulty with maths, poor handwriting or balance and co-ordination issues.

Auditory processing is at the core of learning. Good auditory processing will ensure that students can get the most out of their education and fulfil their potential.

## What happens when YOU come to Cluas?

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When you come to Cluas for a Tomatis Programme:

- You will be in a small group setting with your peers.
- Spend 2 hours wearing headphones listening to Music, in our teenage room.
- Take part in various activities led by Cluas staff. The activities range from creative painting and drawing, card or board games to microphone work.
- Members of staff will always be available to answer any questions that you may have.

## When do programmes take place?

Cluas is open throughout the year, including all school holidays, and programme start dates are ongoing (see website for next start date).

Each programme session is two hours long and starts at 4.45 pm. Other times are available (8:00 am, 10.45 am and 2 pm).

A listening programme consists of three stages, which run Monday to Friday:

Stage 1	Stage 2	Stage 3
lasts for 15 days. There is a 2 hour session on each of these days.	begins four weeks after the completion of stage 1. This is an 8 day stage, two hours a day.	begins four weeks after the completion of stage 2. This is an 8 day stage, two hours a day.

The young person's progress will be monitored by frequent listening tests and consultations (carried out at the beginning, middle and end of each stage).

We review all of our clients' progress 3 months following the completion of stage 3.

At Cluas we provide programmes which retrain the way in which students process auditory information. Teenagers have experienced the benefit of our programmes in a diverse range of areas, from school based learning to creativity, better communication abilities to improved sports ability, enhanced social skills leading to increased confidence and self esteem, and a motivation to succeed.

Young people with diagnoses of Dyslexia, Dyspraxia, ADD and Aspergers Syndrome, have also benefited from programmes at Cluas.

## Tomatis Listening Programmes



Dr. Alfred Tomatis (a French Ear Nose and Throat consultant) spent most of his life studying and researching the ear and communication. He recognised that the ear has a vital part to play in how a person is able to process information, pay attention, concentrate, and listen effectively.

Listening is the ability to 'tune into' selected sounds and understand their meanings and so is different from hearing, which is simply passive. Many people have excellent hearing but very poor listening.

Teenagers who have difficulty keeping up in school often have a vestibular difficulty (the vestibular system is in the inner ear); they often have difficulty with maths, have poor hand writing and may be un-coordinated when moving. Others will have to put much more effort into processing language information and some may have both of these difficulties.

Dr. Alfred Tomatis developed a method, the Tomatis Method, and a piece of equipment - called the 'Electronic Ear' - in order to remediate these difficulties. The Electronic Ear is a sophisticated computer which processes sound, classical music, and a young person's own voice, in such a way that it retrains the way teenagers gather and process all types of information.

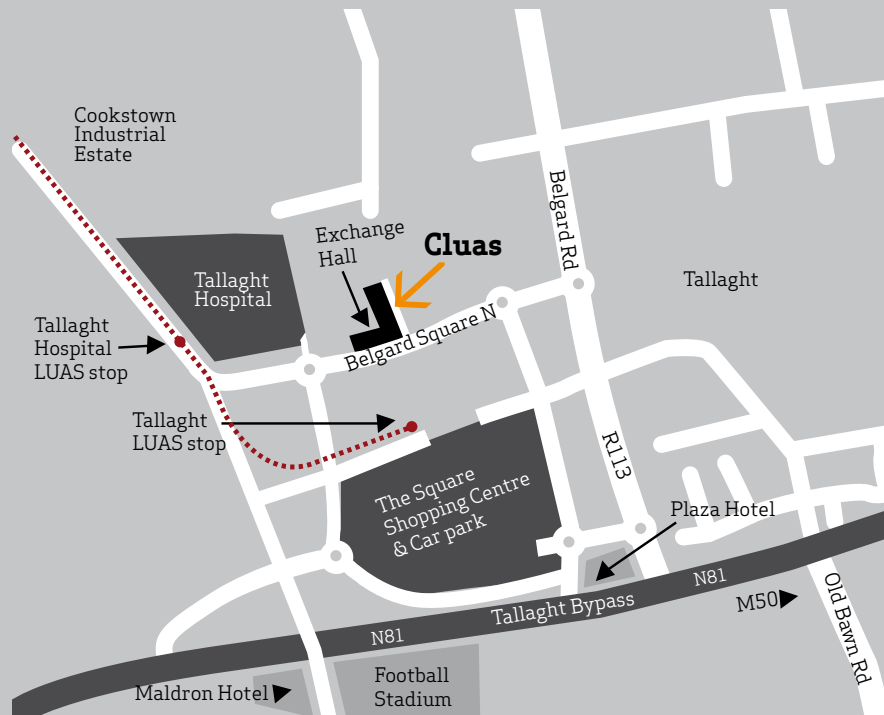
The benefits of this programme are far reaching, long lasting and can affect every aspect of a young person's life.

## Where is Cluas?

Cluas is in Exchange Hall, Belgard Square North, Tallaght, D24, close to the LUAS red line and Tallaght Hospital.

Driving: From M50 Junction 11 take exit for N81 to Tallaght, and follow road signs to Tallaght Hospital. Go straight on at Hospital roundabout. Turn left through gates, into Exchange Hall, follow Blue P public parking sign, turn left through archway and down ramp to basement car park. Cluas is on the ground floor just past the archway entrance to underground car park.

Luas: From Dublin City, take Red Line to Tallaght Hospital stop. Turn left and follow signs to Hospital: walk past Hospital entrance on left at roundabout. Turn left, through gates, into Exchange Hall. Cluas is on the ground floor just past the archway entrance to underground car park.



## What happens when you contact Cluas?

You will be sent a questionnaire to complete. The next step is an assessment, comprising of consultation with the young person and their parents, a Listening Test and Auditory Processing tests. These tests allow us to build up a profile of a person's difficulties and give us information as to where their specific difficulties lie. With this information our Tomatis Consultants can devise an individual programme for the young person, which will address his or her specific needs.

The results of the assessment are available on the day and will be discussed with both the parents and the young person. Following this a recommendation will be made.

If a programme is recommended, the young person will be shown where it will take place and further details of his or her individual programme will be explained.

## Who will you meet at Cluas?

### Pascal Maher

- B.A., M.A. Psychologist, Psychotherapist, F.T.A.I., I.C.P, H. Dip. Ed., Dip. N.D.T., IARCTC. Clinical Director, Cluas.
- Pascal has worked as a Guidance Counsellor, Psychologist, Psychotherapist and Neuro Developmental Therapist with children, teenagers and adults.
- Pascal has worked in Secondary Schools for over 20 years helping children to cope with the consequences of their difficulties. In order to address the causes of their difficulties Pascal trained as a Tomatis Consultant, opening the first Tomatis Centre in Ireland in 2003.

### Ronan Maher

- B.A. Psychology, Dip. N.D.T., IARCTC. Tomatis Consultant, Cluas.
- Ronan is a Tomatis Consultant having trained with Tomatis Development in Paris, at the Spectrum Centre in Washington and the Tomatis Institute Hamburg.

In addition our clinical team includes a team of Listening Therapists and a Neuro Developmental Therapist.