



Cluas

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*Develop listening,
understanding,
concentration
and attention*

*With a Cluas Programme
Adults can develop their
listening, understanding,
concentration and attention*

cluas 

Introduction

Our ears play an important role in everything we do, from taking part in conversation with family and friends, to paying attention and concentrating, to our sense of balance and co-ordination. People who have difficulties with any of these, often have an underlying Listening or Auditory Processing Difficulty.

Some people find that the effort required to keep up with a conversation, understand what is going on and form or articulate responses can be very tiring. After a short period of time they find that they start to switch off and the conversation moves on without them.

Others find that the smallest sound can distract them, or draw their attention away from the task at hand. In short, they have a difficulty filtering out unwanted information and focusing on what is important.

Some adults have struggled with life-long difficulties such as dyslexia. They may feel that this has held them back, not allowing them to reach their true potential.

Many people find that their balance and co-ordination has changed over time. The part of our ear that deals with balance (our vestibular system) may not be working as it once did.

Often people find that due to the pressures of work they experience many of these difficulties. They find that the increasing pressure and demands affect their performance at work and the quality of their life in general.

All of the above are Auditory Processing or Listening Difficulties. Importantly, Listening and Auditory Processing can be retrained – greatly alleviating the associated difficulties, allowing individuals to reach their potential.



Programmes at Cluas

At Cluas we provide programmes which retrain the way people process auditory information. People have experienced the benefit of our programmes in a diverse range of areas including academic learning, creativity, better communication, attention and concentration skills, improved balance and co-ordination, enhanced organisational skills, professional performance, and increased confidence at public speaking including acting and singing.

If you are looking for information on any particular area please contact the centre.

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.

Many adults have difficulty keeping up with a conversation, concentrating at a meeting or class. They find themselves switching off and day dreaming – this is often due to a listening or auditory processing difficulty.

Some adults feel that they lack motivation, feel burnt out, no longer having any energy – this can also be helped with a Cluas Programme.

Others are returning to education and want to improve their attention, concentration, creativity and language skills.

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

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

What happens when you contact Cluas?

You will be sent a questionnaire to complete. The next step is an assessment, comprising of a Listening Test and Auditory Processing Tests, followed by a consultation with a Tomatis Consultant. These tests allow us to build up your listening profile and give us information as to where any specific difficulties lie. With this information our Tomatis Consultants can devise an individual programme which will address your specific needs.

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

When a Cluas programme is recommended, we will then arrange dates for your programme.

When do programmes take place?

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

Each programme consists of daily sessions which are two hours long.

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.

There are 5 listening sessions throughout the day and evening: 8am; 10.45am; 2pm and 5pm.

Progress will be monitored by frequent listening tests and consultations (carried out at the beginning and end of each stage).

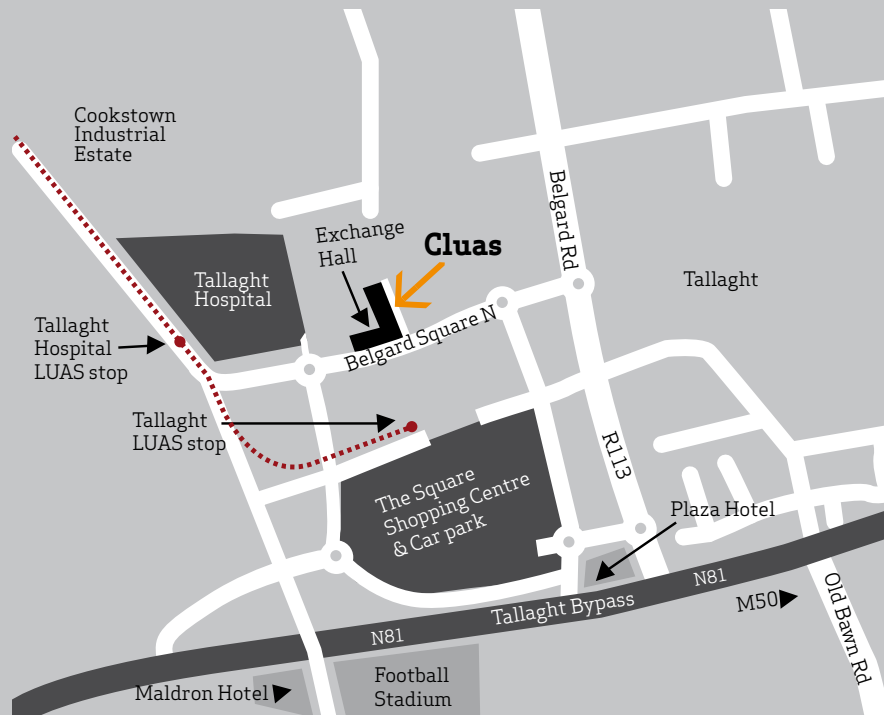
We review all of our clients' progress 3 months following the completion of stage 3.

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 come to Cluas?

- You will be in a small group setting with other adults.
- Spend 2 hours wearing specialised headphones listening to Music which is being processed by a specialised Computer (“The Electronic Ear”), in a comfortable, spacious, bright room.
- Take part in various activities led by Cluas staff. The activities range from creative painting and drawing, to jigsaws, cards and microphone work.
- Members of staff will always be available to answer any questions that you may have, and support you throughout the programme.

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.