

Gibberish Dictionary

BRIEF Summary of Changes in hearing with Johansen IAS (Individualised Auditory Stimulation) Therapy recorded over a three-year period (from December 2011- September 2014)

Jennifer Tingle, case-study with Auditory Processing Disorder

2011

December 2011

- I started to hear around 50% of words in songs. Previously lyrics in music had sounded like nonsense words, and instrumental backing was mushed together.
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2012

January 2012

- I heard every word in a song for the first time. This felt astonishing.

February 2012

- Music continued to sound clearer, and I was able to listen to different melodies and instruments individually.
- Sounds were still distorted, overwhelmingly loud and came from wrong directions. I was still struggling to listen at school, and easily distracted by high-pitched sounds. For example, the squeak of TV and computer screens.
- I discovered that I have Synaesthesia. Particularly related to sound. *
- By end of the month, loud sounds were not as uncomfortable as before.

*Synaesthesia is defined as “a crossing of the senses”. Extra neuron connectors in the brain can cause people to taste colours, see sounds and hear shapes, among many possible combinations. Camilla has the theory that my synaesthesia (which is mainly connected to sound/my sense of hearing) exists due to my brain trying to compensate for the aural signals which it struggled to pick up and process. Synaesthesia may be an unexpected gift which came with my Auditory Processing issues. *

March 2012

- Another visit to Camilla, my Johansen IAS therapist. My hearing was still oversensitive, particularly to low frequencies.
- Started new Johansen CD for adapting the lower frequencies of my hearing.
- Still struggling to pick up speech at school. Always tired.

April 2012

- Studying at school felt easier and I remembered more.
- I heard my voice more clearly and realised that I sometimes slurred my speech or stuttered– especially when I was tired.
- Talking to people at school became a little easier. I understood more speech nuances and things like sarcasm and figures of speech.
- I started working on improving my speech and changing behavioural habits related to feeling overwhelmed by sound.
- It was becoming easier to hear words, process them and reply quickly.
- I could hear my voice and other people's voices more clearly when there was background noise.

May 2012

- I watched a film at the cinema without earplugs. The noise wasn't as overwhelming as before.
- Words which sound similar were easier to tell apart.
- Listening to the radio a lot and discovering new music.
- Memory of sounds and speech improved.
- I had more energy.
- Hearing, processing and replying to questions were starting to feel easy and natural.
- Sounds which seemed unbearably loud were now just very loud.

June 2012

- My two main exams taking place this month were French and Spanish. Both involved a lot of listening, and fast-processing of other languages. In both exams I got an A.
- Listening to new Johansen CD.
- I could sing in tune for the first time ever.

- Could cope with noisy, busy environment in busy shopping centre.
- I was told to turn down music I was playing in my room.
- My mum says that my speech is improving and my facial expression has changed. I look more alert.

July 2012

- I went to a birthday day out and could completely keep up with the conversation despite a lot of background noise. Hearing more clearly had let me catch up with pop culture and I fitted in with my age group.
- I have developed a new social skill- deceit. Previously I was extremely literal- lying or bending the truth felt difficult or impossible, and I had trouble understanding sarcasm and figures of speech.

August 2012

- I could now learn and remember information through listening.
- In general I had more energy than before.
- I was regularly listening to my favourite radio shows.

September 2012

- I was a speaker and case study at the Movement and Learning Centre Scotland inaugural conference. My speech sounded clear, I had more confidence, and answered questions quickly and easily after a day of listening to other speakers.
- Onto my last Johansen CD. From this point on I listened to the CD less, with more days between listening until I stopped.
- I felt healthier, less prone to colds. Phone calls felt easier and less stressful.

November 2012

- Music sounded really clear now. I knew for sure that Rock music was my favourite kind.
- I went to Jordan's Opticians, where I learned that I also had some visual processing difficulties.

December 2012

- I was making more connections between the association of objects and their names. For example: Baseball Shoes. Words became less like foreign language sounds learned by rote.
 - Wearing my new glasses from Jordan's Opticians made everything easier to see. My family looked much better than I thought, and I could see the whole of their faces with just one look. People were smaller, rooms were bigger, and lines seemed straighter and sharper.
 - Music was sounding even clearer!
 - I could hear almost everything at the table for Christmas Dinner. There were lots of us and a lot of background noise, but I could follow conversations and join in.
 - I could hear voices clearly without having to look at the speaker.
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2013

January 2013

- I was sleeping well.
- Traffic sounds came from the right distance and direction. For the first time ever, I felt confident crossing the road.

February 2013

- Bored was a new feeling for me, now that I could think more clearly and knew what I might rather be doing.
- My last visit to see Camilla. My test results were hugely improved. Now my Auditory Processing abilities were good enough to no longer be classed as a Disorder. I still have Difficulties in this area, but thanks to Camilla and Johansen IAS therapy, I can reach much more of my potential and have a better quality of life.
- I no longer needed to listen to Johansen CDs.
- First trip to a pub. Background noise didn't stop me from chatting with friends.
- I had enough energy to start caring about my appearance

May 2013

- When I was at home I started talking almost constantly as if I was eighteen going on three. Perhaps a developmental stage I missed early on.
- Making friends was easier.

June 2013

- I went out with friends more often. I even went to a nightclub, which would have seemed scary in the past.
- No longer scared of loud noises, I started to play drums and loved it.
- Not only was I cured of my fear of loud noises, I discovered I also quite like Metal music.

July 2013

- Not scared by sounds of buzzing insects anymore- they used to seem very loud, and close to my head- almost as if their noise was coming from inside my ears.

August 2013

- I wasn't scared of people looking at me anymore.

September 2013

- I turned 19 and I felt like I could actually be that age.

October 2013

- With a little effort, I could hear almost as well as anyone when there was background noise.
- My emotional intelligence was growing. After the MLC and Johansen therapies, I had good coordination, balance, health, sleep, hearing and mental processing. This gave me more mental space for my personality to develop.
- I started searching for a job.

November 2013

- I learned a new social skill –Wheedling. If I wanted something, I could now make a convincing argument for it.

- December 2013
 - I could hear traffic clearly enough to cycle on the road safely.
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2014

January 2014

- Life was feeling good.

February 2014

- Sleeping well was something I almost took for granted now.
- Social events with friends were feeling easier and more fun.

March 2014

- Went to a Rock concert to see Heaven's Basement. They are really loud but I absolutely loved it!

April 2014

- I got a job as a gardener.
- It was easier to hear subtle differences in people's accents.
- I joined a band looking for a drummer.
- My sound processing was clear enough to help a friend out by being a note taker at a conference.
- I could answer back to anyone who annoyed me.

August 2014

- I went to Mallorca with two friends for a holiday. Between us we organised the flights, taxi to the airport, currency changes and holiday package.

September 2014

- I left home to study full-time in Edinburgh.