



Healing Sounds for ADHD: New Therapeutical Perceptions

Dick de Ruiter, Danny Becher

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This practical guide opens with an overview of state-of-the-art therapeutic counseling and medical treatment for children suffering from ADHD. Then Dick de Ruiter describes the possibilities of accompanying this treatment with special sounds and music, which up until now, have not been seriously considered as therapeutic tools in the treatment of ADHD. The accompanying CD contains the sounds of the voices, singing bowls, chimes, and other instruments that have proven to have a special effect on both body and mind. It can serve as background during therapy, communication training, or relaxation exercises, but it can also be used at home to immerse the child in a warm and comfortable sound bath. Several tracks have neurosonic qualities that have a direct and calming effect especially on children with ADHD. Once they've experienced that effect, these children are often highly motivated to listen regularly to the CD.

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