

# Quickshifts

## A Sound-Based Addition to Your Therapy Tool Box



### **What are Quickshifts?**

- Versatile sound-based treatment tools that a listener uses with headphones or open air speakers
- Tools that can produce IMMEDIATE results
- Specialized albums that contain music, nature sounds, or both
- Treatment tools that are used within therapy sessions, as a part of a sensory diet, or within a home program
- Another tool for your “toolbox” similar to gym balls, scooter boards, swings, or other therapy equipment

### **Who can benefit from Quickshifts?**

- Individuals across all ages
- Individuals who experience difficulties in:
  - Sensory modulation
  - Self-regulation (either in state-arousal, emotions, or behaviors)
  - Anxiety
  - Bilateral Integration
  - Reflex integration
  - Oral motor & feeding difficulties
  - Motor coordination
  - Praxis (Ideation, Motor Planning, Execution)
  - Attention, Focus, and Executive Functions
  - Social interaction challenges
- Individuals with or without a diagnosis
  - ASD
  - ADHD/ADD
  - SPD
  - Generalized Anxiety Disorder
  - CP
  - TBI
  - CVA

### **How are Quickshifts used?**

- During direct, one-on-one therapy sessions
- At home as a part of a sensory diet or home program
  - Before school, bedtime, mealtime, etc
  - At another specified time of day to support function
- At school
  - As a preparatory activity to tasks that are often challenging for a student
  - During individual work time
  - At another specified time of day to support function

## **What are the therapeutic principles behind Quickshifts?**

- Rhythmic Entrainment
  - Extensive Research (Michael Thaut, William Condon, and more)
  - All life has rhythms (heart beat, muscular and neuronal firing patterns, bodily movement, social interaction, communication, and more)
  - The therapeutic use of musical rhythms have shown to support improved functional performance as it relates to:
    - Enhanced motor control, coordination, and performance
    - Activation of the sensorimotor cortex
    - Enhanced cognitive performance
    - Improved timing and sequencing
- Binaural Beat Technology
  - The brain's electrical firing patterns ebb and flow throughout one's day and are associated with different arousal, emotional, and behavioral states
    - Different firing patterns for:
      - Deep sleep
      - Concentrating on school work
      - Feeling anxiety and high stress
  - Quickshifts utilize binaural beats embedded within the music/nature sounds to find the just-right state of arousal to match functional and environmental demands



## **Find Quickshifts on the Therapeutic Listening App**

Just search “Therapeutic Listening” and find the icon above

Available for Apple and Android Devices

Visit [www.vitallinks.net](http://www.vitallinks.net) for more information



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