



Success Story

AUTISM SPECTRUM DISORDER

THE LISTENING PROGRAM® FOR AUTISM SPECTRUM DISORDER

“MADDIE”

AUTISM SPECTRUM DISORDER FEMALE, AGE 12

“Maddie” a 12-year-old in Junior High with an autism diagnosis, began The Listening Program [TLP] with the help of her Academic Coach, Karen Brinkley. After years of being homeschooled and struggling with that academic setting, her parents placed her back in public school for Junior High, knowing she would not be operating at the same level as her peers.

She attended school for an entire year but could not do any of the work assigned. Her parents expressed concern about her overall functioning, including:

- **Handwriting:**
Writing was limited to lines of scribbles
- **Speech/Communication:**
Poor/minimal verbal skills
- **Social/Emotional:**
Low confidence with screaming and tantrums at school and home
- **Auditory Processing:**
Could not understand the information presented by her teachers

Knowing there had to be a better way, her parents asked Karen Brinkley of [Optimal Learning Skills](#) to help.

Karen, an academic and success coach, takes a brain-based approach to help her clients achieve the best results. Her strategies include The Listening Program, which improves how the brain receives and processes information by listening to a structured protocol of scientifically designed music.

Maddie listened to [TLP Spectrum](#), the most gentle protocol that targets fine/gross motor skills, sensory processing, and emotional regulation with soothing and uplifting classical music. Within five months, in conjunction with Karen’s academic coaching, she has shown drastic success in several areas.



[not actual client]

- Can write clear sentences that are familiar to her.
- Enjoys reading now and carefully checks new information she might not understand.
- Expanded interest and engagement in school subjects.
- Became more outgoing socially, even to the point of joking at times.
- Increased verbalization of information that is familiar to her.
- Showing an awareness of things around her, often telling Karen which TLP module she is on that day.
- She no longer throws temper tantrums.
- Overall academic success became distinctly better.

Maddie is currently passing all subjects at school! She is showing an interest and talent in math. She is progressing in all subjects and slowly becoming more confident in her abilities. Since she is not receiving accommodations at school, all of the improvement is her own. Maddie’s parents are happy to see their daughter’s incredible progress and emotional maturity flourish.

Now, Maddie is demonstrating more creativity and interest in artistic creations. Recently she has enjoyed making things with pink playdough and has started painting.



Maddie's progress is especially meaningful to Karen; she suffered a brain injury in her 40s after being kicked off a horse and landing on a metal pole. She felt like, for a long time, she had information in her brain that she couldn't access or express.

Through years of brain-based rehabilitation, Karen has learned how to unlock the parts of her brain that felt closed off before. Seeing Maddie's progression

reminds her of her own journey. Maddie has always had intelligence and words inside of her, but until TLP and Karen came into her life, she wasn't able to access or express them.

Slowly, Maddie is unlocking who she is and the many talents she holds. She is continuing with The Listening Program, and everyone around her is excited to see the progress that has yet to be made.