

The efficacy of the  
**Berard Auditory Integration Training**  
method  
for learners with attention difficulties.

**Hannelie Kemp**

**Magister Educationis**

in

**Learner Support**

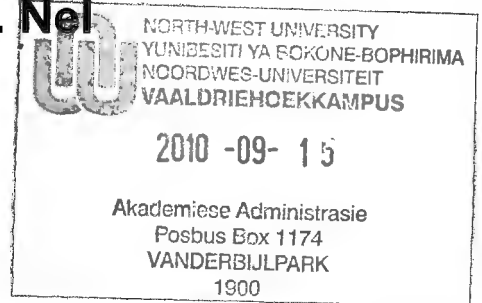
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## Declaration

# Abstract

Research on the Berard Auditory Integration Training method has shown improvement in the regulation of attention, activity and impulsivity of children whose auditory system have been re-trained. Anecdotal reports have found improvements in sleeping patterns, balance, allergies, eyesight, eating patterns, depression and other seemingly unrelated physiological states.

During the Auditory Integration Training (AIT) procedure dynamic music, with a wide range of frequencies, is processed through a system of filters in the AIT device. The volume and tone of the music is constantly and randomly modulated.

The researcher explored Berard AIT as a possible intervention for learners between the ages of six and twelve years, who experienced problems with sustained attention and who have difficulty in shifting their attention from task to task. The aim was to investigate if Berard AIT method would enable the learner to stay calm, relaxed yet alert, with focused attention and thus concentration with appropriate reflection before action.

An experimental quantitative study, with a pretest-posttest control group design, was conducted to investigate the effect that Berard Auditory Integration Training has on learners with attention problems. Checklists and different measurements were conducted before the training started and repeated three months after the training was completed, to monitor if any change in the way that the learners pay attention, occurred the case group of ten learners was compared with ten learners in a control group who did not initially receive the intervention.

Although the results of the post-tests varied amongst the learners, most learners in the experimental group experienced a statistical significant increase in attention control and a reduction in behavioural problems by the third month following the listening sessions.

# Opsomming

Navorsing het getoon dat mense wat 'n kursus in Berard Ouditiewe Integrasie Opleiding deurloop het, 'n vermindering in aandagafleibaarheid, oormatige aktiwiteit en impulsiwiteit ervaar. Terugvoering het getoon dat daar 'n verbetering in slaappatrone, balans, allergieë, visie, eetpatrone, depressie en ander, op die oog af onverwante fisiologiese toestande, was.

Gedurende die Ouditiewe Integrasie Opleiding (AIT) proses word dinamiese musiek, wat 'n wye reeks van frekwensies insluit, geprosesseer deur 'n filter sisteem in die AIT masjien. Die volume en toon van die musiek word gedurig en onverwags gemoduleer.

Die navorser het Berard AIT ondersoek as 'n moontlike hulpmiddel vir leerders tussen die ouderdomme van ses en twalf jaar, wat sukkel om volhoubare aandag te gee en wat dit moeilik vind om hul aandag van een taak na 'n ander te verskuif. Die doel van die navorsing is om te sien of Berard AIT 'n leerder kan help om kalm, ontspanne maar tog wakker te wees, maklik aandag te kan gee en minder impulsief op te tree.

'n Eksperimentele, kwantitatiewe studie, met voor-en na-toetse is gedoen om die uitwerking van Berard AIT opleiding op leerders met aandagsprobleme na te vors. Kontroleryste, asook verskillende metingsinstrumente, is gebruik voor die opleiding begin het en is herhaal drie maande na die opleiding voltooi is, sodat gesien kon word of daar enige veranderinge plaasgevind het. Tien leerders in die eksperimentele groep is vergelyk met tien leerders in 'n kontrolegroep, wat aanvanklik nie die opleiding ondergaan het nie.

Alhoewel die uitkomst van die toetse verskil het tussen die verskillende leerders, het meeste leerders in die eksperimentale groep 'n aansienlike verbetering in aandagsbeheer en 'n vermindering in gedragsprobleme getoon, drie maande na die luister sessies.

Aan wie dit mag aangaan,

Hiermee bevestig ek dat ek die inhoud van die M-tesis van Hannelie Kemp, getiteld **The efficacy of the Berard Auditory Integration Training method for learners with attention difficulties** geproeflees het.

die uwe

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