



*With a Cluas Programme  
Adults can develop their  
listening, understanding,  
concentration and attention*

cluas 

## Introduction

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Our ears play an important role in everything we do, from taking part in conversation with family and friends, to paying attention and concentrating, to our sense of balance and co-ordination. People who have difficulties with any of these often have an underlying Listening or Auditory Processing Difficulty.

Some people find that the effort required to keep up with a conversation, to understand what is going on and to form or articulate responses can be very tiring. After a short period of time they find that they start to switch off and the conversation moves on without them.

Others find that the smallest sound can distract them, or draw their attention away from the task at hand. In short, they have a difficulty filtering out unwanted information and focusing on what is important.

Some adults have struggled with life-long difficulties such as dyslexia. They may feel that this has held them back, not allowing them to reach their true potential.

Many people find that their balance and co-ordination has changed over time. The part of our ear that deals with balance (our vestibular system) may not be working as it once did.

Often people find that due to the pressures of work they experience many of these difficulties. They find that the increasing pressure and demands affect their performance at work and the quality of their life in general.

All of the above are Auditory Processing or Listening Difficulties. Importantly, Listening and Auditory Processing can be retrained – greatly alleviating the associated difficulties, allowing individuals to reach their potential.

## Programmes at Cluas

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At Cluas we provide programmes which retrain the way people process auditory information. People have experienced the benefit of our programmes in a diverse range of areas including creativity, improved communication, attention, concentration and organisational skills. Others have seen improvements in academic learning, balance and co-ordination, professional performance and have experienced increased confidence at public speaking, including acting and singing.

If you are looking for information on any particular area, please contact us at a Cluas centre.

## Cluas Listening Programmes

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At Cluas we recognise that the ear has a vital part to play in how a person is able to process information, pay attention, concentrate and listen effectively.

Listening is the ability to 'tune into' selected sounds and understand their meanings and so is different from hearing, which is simply passive. Many people have excellent hearing but very poor listening.

Many adults have difficulty keeping up with a conversation, concentrating at a meeting or class. They find themselves switching off and day dreaming – this is often due to a listening or auditory processing difficulty.

Some adults feel that they lack motivation, feel burnt out, no longer having any energy – this can also be helped with a Programme at Cluas.

Others are returning to education and want to improve their attention, concentration, creativity and language skills.

At Cluas we deliver unique listening programmes using sophisticated computers which process sound, classical music and your own voice, in such a way that it retrains the way in which you gather and process all types of information.

The benefits of this programme are far reaching, long lasting and can affect every aspect of a person's life.

## What happens when you contact Cluas?

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You will be sent a questionnaire to complete. The next step is an assessment, comprising of a Listening Test and Auditory Processing Tests, followed by a consultation with us at Cluas. These tests allow us to build up your listening profile and give us further indications as to where any specific difficulties lie. With this information we can devise an individual programme which will address your specific needs.

The results of the assessment are available on the day and will be discussed with you. Following this a recommendation will be made. When a Cluas programme is recommended, we will then arrange dates for your programme.

## When do programmes take place?

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Cluas is open throughout the year, and programme start dates are ongoing.

Each programme consists of daily sessions which are two hours long. A programme consists of three stages, which run Monday to Friday:

Stage 1	Stage 2	Stage 3
Lasts for 15 days. There is a 2 hour session on each of these days.	Begins four weeks after the completion of stage 1. This is an 8 day stage, two hours a day.	Begins four weeks after the completion of stage 2. This is an 8 day stage, two hours a day.

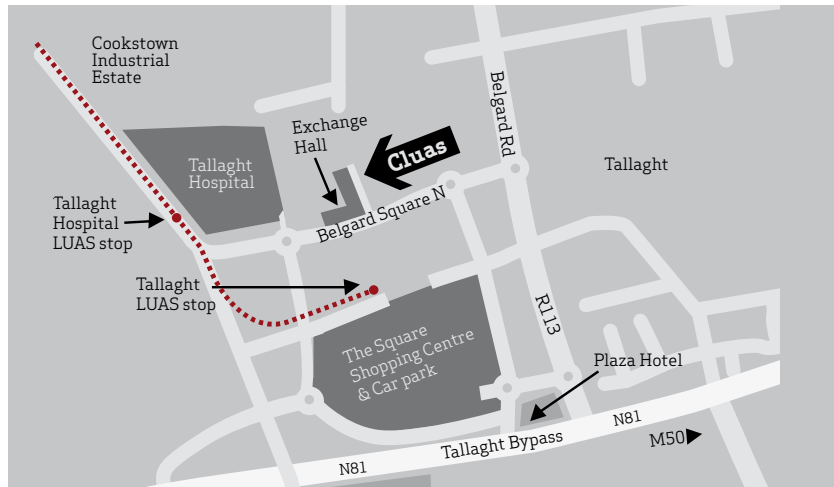
There are 4 listening sessions throughout the day and evening: 8am; 10.30am; 2pm and 5pm.

Progress will be monitored by frequent listening tests and consultations (carried out at the beginning and end of each stage). We also review all of our clients' progress three months following the completion of stage 3.

## Where is Cluas Dublin?

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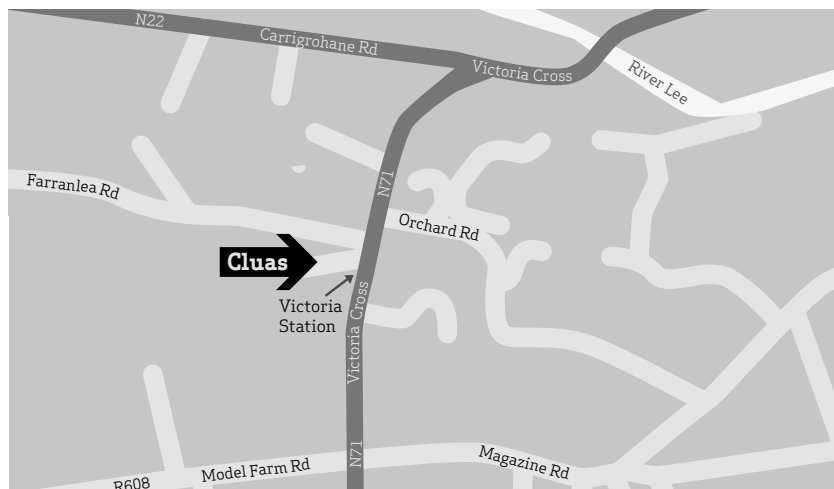
Cluas in Dublin is in Exchange Hall, Belgard Square North, Tallaght, Dublin 24, close to the LUAS red line and Tallaght Hospital.



## Where is Cluas Cork?

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Cluas in Cork is off Victoria Cross road, between Dennehy's Cross and the Western Road.



## Who are the Cluas Team?

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### Pascal Maher – Clinical Director

- B.A., M.A. Psychologist, Psychotherapist, F.T.A.I., I.C.P, H.Dip. Ed., Dip. N.D.T., Clinical Director, Cluas.
- Pascal has worked in Secondary Schools for over 20 years helping children to cope with the consequences of their difficulties. To understand and address the causes of these difficulties, Pascal trained in listening therapy in Paris and Washington before opening the first Cluas Centre in Ireland in 2003.
- Since opening Cluas in 2003 Pascal has supervised the programmes of all of the children, teens and adults attending Cluas.

### Ronan Maher – Programme Director

- B.A., Psych. M. Phil. Speech and Language Processing, dip. N.D.T., Programme Director, Cluas.
- Ronan has worked with Cluas since 2003, initially working directly with the clients in the therapy room.
- Ronan also trained in listening therapy in Paris, Washington and Hamburg.
- Since 2005 he has provided listening programmes for over 600 children, teens and adults.

### Louise Quinlan – Centre Manager Cork

- B.A., Early Childhood Studies, followed by further training in listening therapy in Paris and Dublin.
- Louise has worked with Cluas since 2008 with more than 200 children and teens, initially as a listening therapist and then as supervisor, becoming the Cork centre manager in early 2011.

In addition, our clinical team in Dublin and Cork includes a team of Listening Therapists.

*Develop listening,  
understanding,  
concentration  
and attention*

**Cluas Dublin**

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Belgard Square North,  
Tallaght, Dublin 24

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