



*With a Cluas Programme
students who struggle
can discover how to listen,
understand, and succeed at
secondary school*

cluas 

Introduction

For some students paying attention and concentrating in class is very difficult. One of the main reasons for this is that some people find it very difficult to filter out all of the surrounding noise and sounds in the classroom. This makes it difficult for them to focus on what is important – their teacher. They may find it easier to concentrate in the mornings but as a sustained effort is required throughout the day, this becomes a problem and the student simply switches off. When understanding and comprehension are reduced, the motivation for students to apply themselves to school work reduces significantly.

These difficulties can be seen as a listening problem or an auditory processing difficulty.

Others may have difficulty with the written language. Those who have an auditory processing difficulty have to put a great deal of effort into processing the sounds of language. They may have difficulty associating the sound of a letter or word with its written shape. This can lead to difficulties with reading and spelling.

A pupil who has difficulty grasping mathematical concepts may have an underlying difficulty with spatial reasoning. This difficulty may be due to an underlying vestibular system deficit, which may manifest itself as a difficulty with maths, poor handwriting or balance and co-ordination issues. (The vestibular system is the part of the ear that deals with the body's position in space).

Auditory processing is at the core of learning. Good auditory processing will ensure that students can get the most out of their education and fulfil their potential.

What happens when you contact Cluas?



You will be sent a questionnaire to complete. The next step is an assessment, comprising of a consultation with the young person and their parents, a Listening Test and Auditory Processing tests. These tests allow us to build up a profile of a person's difficulties and give us information as to where their specific difficulties lie. With this information the Cluas team can devise an individual programme for the young person, which will address his or her specific needs.

The results of the assessment are available on the day and will be discussed with both the parents and the young person. Following this a recommendation will be made.

If a Cluas Programme is recommended, the young person will be shown where it will take place and further details of his or her individual programme will be explained.

What happens when you come to Cluas?

When you come to Cluas for a Listening Programme:

- You will be in a small group setting with your peers.
- Spend 2 hours wearing headphones listening to Music, in our teenage room.
- Take part in various activities led by Cluas staff. The activities range from creative painting and drawing, card or board games to microphone work.
- Members of staff will always be available to answer any questions that you may have.

When do programmes take place?

Cluas is open throughout the year, including all school holidays, and programme start dates are ongoing (see website for next start date).

Each programme session is two hours long and starts at 4.45 pm. Other times are available (8:00 am, 10.30 am and 2 pm).

A listening 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.

The young person's progress will be monitored by frequent listening tests and consultations (carried out at the beginning, middle and end of each stage).

We review all of our clients' progress 3 months after completion of stage 3.

At Cluas we provide programmes which retrain the way in which students process auditory information. Teenagers have benefited from our programmes in a wide range of areas including school based learning, creativity and also improved sports ability. Others have developed better communication abilities and enhanced social skills, leading to increased confidence and self-esteem and motivation to succeed.

Young people with diagnoses of Dyslexia, Dyspraxia, ADD and Asperger's Syndrome, have also benefited from programmes at Cluas.

Cluas Listening Programmes



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 are poor listeners.

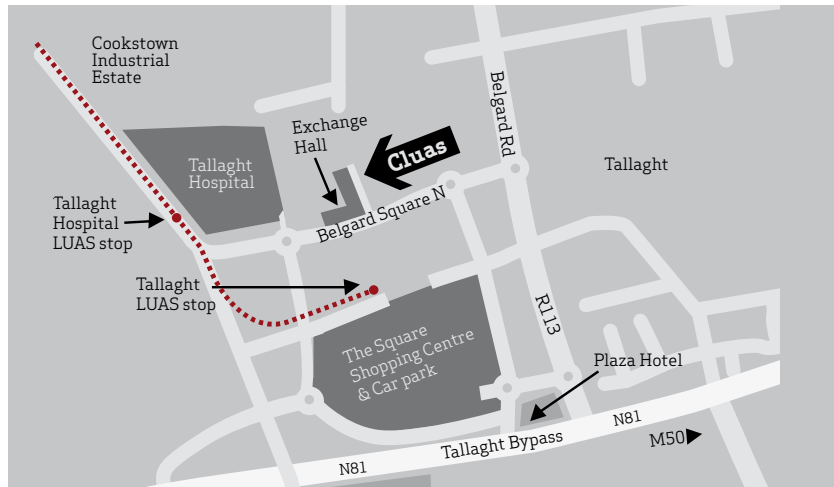
Teenagers who have difficulty keeping up in school often have a vestibular difficulty (the vestibular system is in the inner ear); they often have difficulty with maths, have poor hand writing and may be un-coordinated when moving. Others will have to put much more effort into processing language information and some may have both of these difficulties.

At Cluas we provide an individualised listening programme using sophisticated computers which process sound, classical music, and a young person's own voice, in such a way that it retrains the way teenagers gather and process all types of information.

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

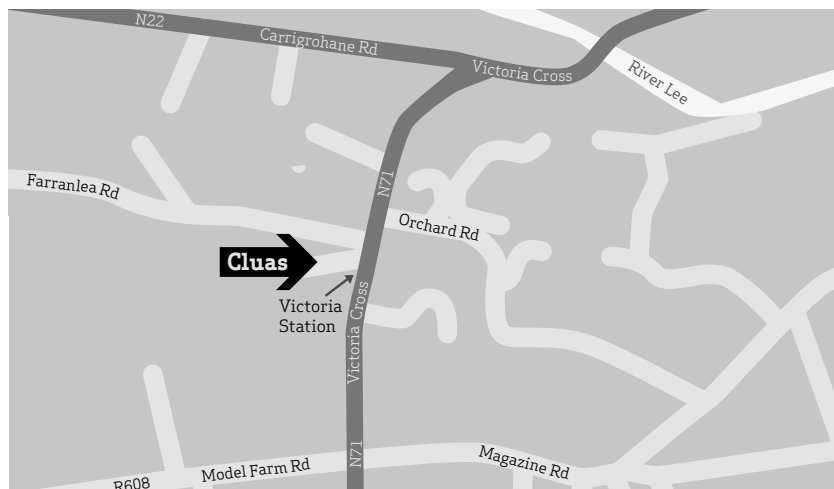
Where is Cluas Dublin?

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?

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



Who are the Cluas Team?

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

Exchange Hall,
Belgard Square North,
Tallaght, Dublin 24

T. 01 4940210

Cluas Cork

5 Victoria Centre,
Victoria Cross, Cork

T. 021 4347221

E. teenagers@cluas.ie

W. www.cluas.ie