

Review of
Sound Bodies through Sound Therapy
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Sound Bodies through Sound Therapy consists of four parts that build on one another incrementally to allow the reader, whether a professional health care worker, therapist, or layperson to understand the theories and reasoning that lend credibility to musical sound therapy. In the first section, a discussion of the scientific research that relates to the therapeutic qualities of sound is presented. The second section presents the history of the Tomatis Method and explains the program itself. Additionally, there is a description of several sound therapies that have emerged based on the principles of the Tomatis Method. The third section weaves the information from the first two parts into an explanation of Davis's own insight into the application and implementation of sound therapy. Finally, the book closes with accounts of numerous success stories.

Dorinne S. Davis provides a comprehensive and easy-to-read summary of the Tomatis Method. She lays out the principles behind Dr. Tomatis's work, providing systematic and scientific evidence for the "whys" and "hows" of the Tomatis Method, linking the theory behind the method to an explanation of its beneficial results. First, there is a discussion of Dr. Tomatis's work, which is complemented by a presentation of the theory behind the role of the ear and audio-psycho-phonology. Finally, there is a discussion of the components of the Tomatis Method as a therapy, from the initial listening assessment to the cortical re-energizing of the client through programmed passive and active exposure to filtered music and sound.

Davis has more than 35 years of experience working with children and adults who have auditory processing difficulties and is the founder and owner of the Davis Center for Hearing, Speech & Learning in Budd Lake, New Jersey. Her training is grounded in the academic fields of Speech and Hearing Science and Audiology/Deaf Education. Her first training in, and implementation of, sound therapy into her clinical work changed the direction of her professional career and led to the acquisition of an in-depth knowledge and certification in the best-known sound therapies.

Davis's background is crucial to the discussion and argument presented in her book. Her scientific and professional background, her knowledge of, and experience with, the practices of the conventional hearing and speech sciences, and her insight into sound therapies that are situated on the fringe, outside traditional practices, give her a unique perspective. She speaks about a seemingly lofty topic, the mind, body, and spirit connection to sound energy, in a systematic, plausible and convincing manner.

It is her search to identify what it is about sound therapies, such as the Tomatis Method, that are producing positive changes that is paramount. Rather than simply accepting that there have been positive benefits for her clients and basing her explanation on social assumptions behind the mind-body connection, she seeks to provide facts and research to prove her theory behind the therapies she discusses. *Sound Bodies through Sound Therapy* provides an insight into why sound therapy is effective, yet at the same time indicates that so many alternative sound therapies have not yet been fully accepted within traditional healthcare, because one form of therapy used without an evaluation and systematic application is usually not enough to produce significant success. However, when a blend of several methods is used in the correct manner and combination, Davis argues, it is possible to obtain predicable and beneficial results. The book is an informative read that offers practical and tangible approaches to helping children and adults with auditory processing difficulties.
