

THE USE OF THE TOMATIS PROGRAM
IN THREE NEUROTIC-DEPRESSIVE CLIENTS

A DEPTH STUDY

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Since an evaluation of a therapeutic technique by means of a statistical analysis implies certain limitations, Botes embarked on a depth study of three clients with neurotic depression, in order to evaluate the effect of therapy by means of the Tomatis method.

A secondary aim was the inclusion of a case study of one of the clients in order to provide a description of the process of the Tomatis listening training.

The test battery included the following instruments:

- The South African Wechsler Intelligence Scale
- The Thematic Apperception Test
- The Rorschach inkblot Test
- The Tomatis Listening Test
- The Beck Depression inventory

RESULTS

The results included the following:

1. Higher retest scores on the intelligence test

CLIENT	before therapy			after therapy		
	verbal IQ	Non-verbal IQ	Total IQ	Verbal IQ	Non-verbal IQ	Total IQ
A	108	108	108	116	120	119
B	129	115	123,5	129	131	132
C	112	98	105,5	118	107	113

2. Reduced depression

In the cases of clients A and C symptoms of depression had lifted completely after therapy. A masked depression emerged in client B and the working through was commenced. In all three clients a working through of conflicts was evident, together with an increased awareness of problem areas. In clients A and C, this process increased the level of active involvement and motivation to deal with anxiety-laden situations. Although client C's higher degree of motivation also resulted in anxiety and uncertainty, Botes interpreted this as an improvement. At the time of starting therapy this female student was determined to terminate her studies. However, after the completion of the Tomatis program she was so well-motivated that she was also performing well in her studies.

3. Improved interpersonal relations

In this regard the listening training had led to improved insight in interpersonal relations and the deblocking of affective anxiety. Not only did the parent-child relationship improve, but it also served as a basis for an improvement in interpersonal relationships in general.

4. Considerably improved self-control and self-concept

In her final evaluation, Botes concluded that the technique of Tomatis especially deserves a positive appreciation, in terms of the following aspects:

- the uncovering of conflicts and traumata by means of this this approach, can be effected more rapidly than by means of psycho-analysis, since precious time may be needed before resistances to therapy have been overcome;

- the emphasis on prenatal life which implies a broadening of insight in human development;

- the emphasis on the father-child relationship as a corrective to the traditional theories of human development with their primary focus on the mother-child relationship;

- the fact that the technique activates the client through the immediate awareness of energy, constitutes a contribution which is absent in other therapeutic approaches;

- the listening test as a means of evaluation proved to be a valuable instrument.

In spite of these very favourable aspects, the investigation underlined the necessity of a follow-up Tomatis program.