



How we work

1) Check yourself out:

Complete the [Listening Checklist](#) - this will help you assess your abilities, skills and qualities in order to evaluate your ability to listen. This is for your information only, there is no score.

2) Check yourself in:

Book a consultation and a Listening test. The assessment takes approximately one and a half to two hours and involves:

Anamnesis

An information collection phase, structured as an open dialogue covering basic details about a client's journey, motivation and expectation.

Laterality Test

A simple protocol to assess the dominance factor of vision, feet and hands. Lateralisation is closely related to a person's motor skills, body image and the way he/she prefers to communicate.

Listening Test

The Listening Test itself, done with an audiology testing machine, calibrated according to Tomatis' specifications. In most situations we can tell you whether we think we can be of service to you by the end of this consultation.

Listening Training

The Centre is open seven days a week. For those who come from other parts of the country or who prefer not to go home every day, there is the possibility of doing an 'intensive' of 2 or 3 Listening sessions of 1.5 hrs daily. Any length of time is beneficial as changes occur even after a few days. For an optimum and lasting effect, however, it is recommended to complete a programme, be consistent and never skip more than a day, especially during Phase I (see schedule below). Tomatis used to be quite adamant about these things. According to him, a proper protocol consists of at least 60 hours of Listening and he has been reported as saying, "Your ears don't know that it is Sunday or a Bank Holiday, so just get on with it". Most centres are a bit more lenient now. Shorter programmes may be appropriate in some cases. In fact, some of the clients who wrote testimonials for this website only did 45 hours.

For those who live relatively close the following schedule is generally advised:

Phase I:

Twelve consecutive days of two hours a day followed by three to five weeks of integration.

Phase II:

Ten days of Listening for two hours followed by three to five weeks of integration.

Phase III:

Another eight days of Listening.

Throughout this entire period, six to seven Listening Tests are done to monitor progress and adjust the Programme.

For those from other places in NZ

There are plans to have assessments done in Christchurch, Auckland and Wellington, on a regular basis. This will create a cheaper option for those who would otherwise have to travel far for a first consultation. We are quite aware that it is not always possible to just come and stay and do a two week intensive, so finding ways around such an investment in time and money is one of our goals. We are investigating a home-based programme as an add-on to a few days' stay. For more information on this: please contact Paulina.

For those from abroad

A few times we have welcomed guests from as far away as Europe, South America and the US who chose to come here to combine Listening sessions with the enjoyment of a holiday. With Nelson's reputation as the South Island's centre of arts and crafts and good international cuisine, plus the presence of three National Parks just around the corner, Joya could be an ideal setting for a welcome turning-point in someone's life.

Prices and Payment

As a rule, payment is made before commencing. If there are financial difficulties, spread payment can be arranged. For those who seek accommodation at Joya, special combi-rates will apply.

Adults & Children:

Initial assessment \$100

Listening per hour \$40

Subsequent Listening test/consultation \$30

Recording of Mother's voice \$35

Special group rates for pregnant women \$20 per hour per person

Parents who like or need to be present while their child is doing the programme Listen for free. They only will be charged for their own assessments/tests/consultations. See the [rates page](#) for Joya workshops and other modalities and the separate website for [accommodation](#).