



Auditory Processing Problems:

Why are noises so distracting?

How can I better cope?

Symptoms are a matter of *severity*

General Characteristics:

- *Difficulty with phone conversations
- *Difficulty following multi-step directions
- *Problems with multi-tasking when listening is one of the tasks
- *Memory difficulty in noisy environments
- *Recall of lists or sequences that is hard
- *Needing to hear things repeated
- *Difficulty when given oral instructions
- *Hard time in any noisy environment – sensitive to sounds; can't understand all of the discussion; can't make out what is said; overwhelmed by the busy-ness around one; music and conversations don't mix; no longer enjoying concerts, etc.

Emotional changes:

- *Everything seems to come too fast – noise, speech, music, visual, auditory
- *Exhausted quickly
- *Headaches
- *Lack of a desire to go out and be social
- *Have a difficult time in groups including:
 - *family
 - *friends
 - *parties
 - *dinners
 - *activities with children
 - *previous things one used to enjoy



- *It's just "too hard" to go out
- *Avoids social time by isolating, using the computer or phone you brought, withdrawing, avoiding
- *No longer enjoying concerts, plays, sports events, symphony – it's all too overwhelming, leads to headaches, "hurts", are "too loud"
- *All of above can lead to problems in your primary relationship – spouse, partner

Career:

- *Large and small meetings are hard, too much talk and noise and can't make out what is essential
- *Exhausts easily
- *Needs time to process information longer than is given, "I'm not as quick as I was"
- *Can't keep up with reading professional journals, reports, etc.
- *Harder time writing
- *"I got dumber"
- *Increased stress
- *Decreased self-esteem
- *All of above lead to career and performance issues

Mental Health:

- *More focus in life on restraining your emotions
- *Change your opinion more around others' objections to your thoughts/opinions
- *Difficulty listening and it increases anxiety
- *Depression

Previous likely felt like you can take care of things, provide, are a strong professional, are being promoted or doing well in career.

Now feel much less able, self-esteem suffers significantly, don't trust yourself, are frightened about how long you can do the job "before they find out" (imposter)



Treatment:

Life-long management

Environment/acoustics

Compensatory skills and strategies

Auditory training programs and therapy

Mental health counseling for esteem, anxiety, and depression

Listening Program and other long-term assistance in working on the auditory system

Increase focus and attention