

THE EFFECT OF THE TOMATIS PROGRAM

ON ANXIETY

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In this study, the aim was to evaluate the effectiveness of the Tomatis Program in the case of anxious subjects.

The experimental group was composed of 10 anxious female students. No control group was utilised.

The test battery included the following instruments:

- the IPAT-anxiety scale
- the 16 Personality Factor (PF) Inventory
- the Personal, Home, Social, and Formal Relations questionnaire (PHSF)
- the Rorschach Inkblot Test
- The Listening Test (LT) with periodical investigations to evaluate the therapeutic progress and to effect adjustments to the stimulation programs.

The test battery was conducted before and after the therapeutic program.

RESULTS

1. Personality Characteristics

Noticeable changes became obvious during and after the Tomatis program in terms of personality characteristics, and the changes were supported by the results of the various instruments.

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2. Capacity to plan

From the results on the Rorschach, it appeared that after therapy the group as a whole displayed a strong need for organizing and planning with regard to the future.

3. Creativity and intellectual functioning

After treatment, the subjects showed a significantly improved tendency to utilize their intellectual potential, together with an improved productivity and constructive action.

4. Will-power and ego-control

Peche concluded that after treatment the group as a whole had developed a significant tendency toward adopting a strengthened value system under the influence of a well-developed system of ego control, which led to an increased sense of self-esteem and self-confidence.

5. Emotional life

The results suggested that the Tomatis program had achieved a significant degree of anxiety reduction.

6. Interpersonal relationships and social adjustments

From the significant results on the Rorschach, it was concluded that after therapy the subjects were handling their interpersonal relationships with a greater degree of spontaneity and vitality. Consequently, the internalization of accepted social norms was also taking place more easily.

7. A final conclusion was that the Tomatis method could be an important aid to achieve effective psychotherapy.