

**Interactive Metronome (IM):** is an advanced brain-based treatment and research driven program designed to promote and enhance brain performance ([www.InteractiveMetronome.com](http://www.InteractiveMetronome.com)). Extensive research can be found on the IM website.

**Clients learn to:**

- focus and attend for longer periods of time,
- increase physical endurance and stamina,
- filter out internal and external distractions,
- improve ability to monitor mental and physical actions as they are occurring, &
- progressively improve performance.

**Why Interactive Metronome at Learning Charms?**

Learning Charms is offering Interactive Metronome because it offers quick progress for the advanced clients that we work with. Although it has been successfully used for a number of diagnoses, we are using it to facilitate "brain training" for clients that are already successful but want to improve processing speed, sports performance, timing, executive functioning, attention, reading and math fluency, motor fluency, rhythm, working memory, language skills, overall academic performance, emotional stability, auditory processing.

**Scheduling**

An initial IM screening is necessary to determine if a client has potential in the IM program. An IM screening takes 5-10 minutes and can be scheduled by contacting Learning Charms directly.

The Interactive Metronome training program usually consists of 12 -15 forty- five minute to one-hour private sessions with a Certified IM Practitioner. The training must be completed in 3-5 weeks. *This program is successful only with intensive training over a short period of time.* Some individuals will need more than 15 sessions if they have unusually impaired rhythm and timing skills, or if they want to improve timing to a superior range. We recognize that this program requires a significant commitment of time and energy.

Commitment to complete the course is necessary in order to ensure results.

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Indicator Table:

Age >	6	7 to 8	9 to 10	11 to 12	13 to 15	16+
Extreme Deficiency	280+	270+	260+	240+	215+	200+
Severe Deficiency	175-279	170-269	160-259	155-239	150-214	147-199
Below Average	120-174	90-169	80-159	75-154	72-149	70-146
Average	90-119	65-89	55-79	45-74	43-71	41-69
Above Average	56-89	45-64	38-54	36-44	33-42	30-40
Exceptional	40-55	32-44	28-37	26-35	23-32	22-29
Superior	Below 40	Below 32	Below 28	Below 26	Below 23	Below 22

Date: \_\_\_\_\_ Short Form #1 Results: \_\_\_\_\_ Short Form #2 (with guide sounds) Results: \_\_\_\_\_

I, \_\_\_\_\_, understand that Interactive Metronome training may not be effective if I do not attend sessions as described above. Signed: \_\_\_\_\_