

ORAL PRESENTATION SPONSORED

Share your best science and clinical insights with an international audience of practitioners and researchers. The ICNM Scientific Committee invites high-quality abstracts for **oral presentations** aligned with our 2026 theme: **Restoring Health Naturally**.

What we're looking for

- **Original research, clinical innovations, and rigorous case series.**
- Clear **learning objectives** suitable for CE accreditation.
- Practical **treatment solutions** (protocols, dosing, modalities).
- Appropriate **research references**.

Review criteria: scientific/clinical quality, originality, relevance to themes, practicality (clinical pearls), clarity and CE-readiness.

SUBMISSION FORM – SPONSORED LECTURE

A1. Speaker 1 Information

- **Title:** Mr (under french court order not to use the honorific title associated with his main degree)
- **Last name, First name:** BOURDIN Dominique
- **Credentials (e.g., ND, PhD, MHSc, LAc, MD):** Titulaire d'un Doctorate en médecine (in English culture this is the exact same degree as MD Doctor of Medicine – but he is forbidden to be called doctor by court order); with additional qualifications and advanced training and practice in acupuncture, homeopathy, auriculotherapy (trained under a student of Dr. Nogier), chromotherapy research (following the work of Dinshah Ghadiali and Jean-Michel Weiss), holopsonie©, Developer of the Chromotest (with Pierre Van Obberghen) and specialized equipment for chromotherapy and holopsonie. DipHE in Theology. Author of multiple books on human energetics, holistic health, and consciousness.
- **Email:** contact@lachrysalide.institute
- **Telephone:** +33 7 56 00 98 18
- **Mailing address (City, State/Province, Country, Postal code):** 4, Bellevue – le Pré, 85220 LA CHAPELLE HERMIER, Vendée – France
- **Employer / Institution:** Private medical practice as GP between 1980 and 1998 transformed into Holistic Health Center since (<https://lachrysalide.institute/>)
- **Association membership (if applicable):** NA

B1. Speaker 1 Short Bio

1. Dominique Bourdin practiced as a general practitioner (MD) for 18 years with a holistic and integrative approach to human health. After initial Theology studies and a shift from anthropology to medicine, he established his private practice in 1980, quickly moving beyond conventional materialist models to incorporate acupuncture, homeopathy, and vibrational/energy-based therapies. After being disbarred from the French corporation

“regulating” MDs – his 7th “corporation trial” mentioned his work on holopsonie as a motive to disbar him, the two main other motives being that he had created an incorporated company, and was practicing colonic irrigation. He went on to convert his Medical Private Practice near Amiens (north of France) into a successful Holistic Health Center, funding a brand new one in 2012 in another French region (west of France). His lifelong research explores the human being as a vibrant, holographic, and conscious entity rather than a collection of separate parts.

2. He specializes in energetic and vibrational medicine, integrating acupuncture, auriculotherapy, chromotherapy (including the development of specialized equipment and the Chromotest), holopsonie©, and synergistic multi-day therapeutic programs. He also co-developed the Tao-Taï massage method (blending Thai and Taoist techniques) and has extensive experience with colonic irrigation. Dominique emphasizes the global action of these approaches on the whole human being — physical, energetic, emotional, and conscious — and has shared his findings through numerous conferences and books in french such as *L'Être humain, une symphonie inachevée*, *L'Être humain, hologramme de l'Univers*, and *Le langage secret des couleurs* (co-authored with his wife Sylvie).

3. Driven by a deep philosophical and spiritual inquiry into the meaning of life and human potential, Dominique Bourdin has combined rigorous medical training with personal exploration and hands-on experimentation. His work reflects a profound commitment to helping individuals access their innate healing capacities through conscious energies, color, vibration, and holistic synergy.

A2. Speaker 2 Information

- **Title:** Mr
- **Last name, First name:** VILLETTE François-Xavier
- **Credentials (e.g., ND, PhD, MHSc, LAc, MD):** Ph.D. in Psychology : Psychologist and Psychotherapist; with additional qualifications and advanced training including a Master's degree in Environmental Psychology, a Master's degree in Clinical Psychology and Psychopathology from Université Paris 5 – Paris-Descartes, a Master's degree in Psychotherapy and Psychotraumatology from BIPE – Belgium Institute for Psychotraumatology and EMDR, a Master's degree in Hypnosis and Neuro-Linguistic Programming / NLP from the Institut Français d'Hypnose Ericksonienne, HeartMath Institute training, training in the Strannik Psy software — cognitive psycho-emotional analysis software based on color perception — and other complementary professional training.
- **Email:** fxvpsy@gmail.com
- **Telephone:** +33 6 19 69 08 82
- **Mailing address (City, State/Province, Country, Postal code):** 107 Avenue Victor Hugo, 75116 Paris, France
- **Employer / Institution:** Private practice since 2001; based in Paris since 2006
- **Association membership (if applicable):** Member of FFPP and INREES

B2. Speaker 2 Short Bio

1. François-Xavier Villette is a clinical psychologist and psychotherapist. He has been in private practice since 2001 and based in Paris since 2006, following extensive training at Université Paris-Descartes and through international programs specializing in psychotraumatology and hypnosis.

2. He specializes in psychotraumatology and psychosomatics, integrating science-based and complementary approaches, including EMDR, clinical hypnosis, Neuro-Linguistic Programming / NLP, Emotional Freedom Techniques / EFT, chromotherapy, Holopsonie, Strannik Psy — cognitive psycho-emotional analysis software based on color perception — as well as HeartMath Institute methods designed to improve stress regulation and resilience through heart-brain coherence and heart rate variability.

3. François-Xavier also has extensive personal experience in restoring health by combining natural approaches with science-based methods.

A3. Speaker 3 Information

- **Title:** Mr
- **Last name, First name:** GRIFFOIN Pierre
- **Credentials (e.g., ND, PhD, MHSc, LAc, MD):** trainings in Holopsonie, Chromoherapy, Sophrology. MSc in Business & Information Technologies from Aston University (UK) and EDHEC Lille (France) Business School “Grande Ecole” Diploma. Holotech Industry founder manufacturing Holopsonie and Chromotherapy equipment.
- **Email:** pierre@holopsonie.com
- **Telephone:** +33 6 62 19 49 28
- **Mailing address (City, State/Province, Country, Postal code):** 234 chemin de la Charpassonne 42360 Panissières FRANCE
- **Employer / Institution:** NA
- **Association membership (if applicable):** NA

B3. Speaker 3 Short Bio

1. Pierre grew up immersed in Dominique Bourdin’s holistic approach to health, as his family GP and godfather. Introduced to chromotherapy at the age of 15, he began applying these techniques for himself and his family while building a successful career in project management.

2. In 2018, he decided to fully commit to natural and energetic medicine. He trained in chromotherapy and holopsonie, complemented his practice with sophrology, and joined an integrative medicine center in Lyon as a holistic practitioner from 2021 to 2022. Facing the challenges of developing this activity in a difficult global health context, he then focused on preserving and modernizing the therapeutic equipment essential to these practices. In association with Dominique Bourdin and the original engineer, he founded Holotech Industry. By 2025, he successfully completed the modernization and secured the long-term manufacturing of the devices.

3. With over 400 holistic consultations to date, Pierre is deeply passionate about accompanying individuals on their healing journey. He is committed to perpetuating and transmitting Dominique Bourdin’s life work to a new generation.

C. Presentation Title

- **Title: “ Enhanced emotional regulation and cognitive function with custom musical puzzles.”**

D. Abstract (max 400 words / 1 page)

Introduction/Background:

In the context of naturopathic and integrative medicine, audio-cerebral stimulation offers a non-invasive method to restore neurological balance and mental well-being. Holopsonie, a refined technique developed in 1987 and inspired by the Tomatis and Berard Methods (since the 1960s), uses personalized modified music to stimulate brain function through auditory pathways. With rising demands for evidence-based natural therapies, Holopsonie provides practical tools for practitioners to address anxiety, ADHD, ASD, sleep disturbances, and cognitive challenges, drawing on nearly 40 years of practice.

Description/Methods (or Approach):

Holopsonie involves an initial listening sensitivity test (5 minutes) to customize music filters, accounting for individual hyper- or hypo-sensitivities. Patients listen to tailored audio sessions (30-45 minutes, 1-3 daily) over 3-20 days, at home or in health centers. Protocols are flexible and practitioner-guided, with renewed customisation via repeated tests as listening sensitivity evolves. Evidence is drawn from precursor studies (Tomatis, Berard AIT) and Holopsonie data.

Results/Outcomes:

Clinical observations show rapid progress in listening sensitivity, with enhanced emotional regulation and cognitive function. Case studies include a 6-year-old achieving auditory harmonization and relational improvements after 18 sessions, and adults reporting reduced stress and burnout and various health improvements. Precursor research confirms positive trends in ADHD (WISC-IV processing speed), ASD (sensory profiles), and anxiety (10%+ reductions). Rare regressions highlight profound psycho-emotional breakthroughs.

Conclusion/Implications:

Holopsonie offers a safe, effective natural intervention for restoring brain health, with measurable outcomes suitable for integrative medicine. It strengthens the evidence base in naturopathy, providing practitioners with protocols for immediate clinical application. This method promotes global visibility for sponsors while delivering real-world impact.

E. Learning Objectives (3, measurable)

Upon completion, participants will be able to:

1. describe the foundational principles of audio-cerebral training, including its neurophysiological mechanisms and personalization based on auditory sensitivity.
2. identify evidence-based clinical applications and measurable benefits of Holopsonie for brain and mental health conditions, such as emotional regulation, ADHD, ASD, and stress management.
3. apply practical protocols for integrating Holopsonie into naturopathic and integrative medicine practices, including session structuring and patient monitoring for real-world outcomes.

F. Treatment Solutions (3 detailed clinical protocols)

1. **Intensive Training (Cure d'Attaque)**

Two 45-minute listening sessions per day for 3–5 consecutive days.

This is the reference protocol used for residential cures at the La Chrysalide holistic health center for over 30 years. It is particularly recommended for rapid, in-depth results when an “attack” or intensive approach is appropriate...and we recommend it by default (except in cases of clinical psychiatric diagnosis or tinnitus). The key to maintaining appropriate is to update musical puzzles with a renewed listening test on a day 3 (yes, listening sensitivity tends to change that quickly with such an intense stimulation).

2. **Modern Busy-Life Training**

One 30-minute listening session per day for 10–20 days.

A flexible, lighter protocol designed to integrate easily into a demanding daily schedule while still delivering meaningful benefits.

3. **Long-Term Training**

Alternate periods of “intensive training” with “modern busy-life training” phases, followed by maintenance (downtime) periods of only 2–4 listening sessions per week.

This adaptable cycle can be extended over several months or even years. Positive outcomes have been documented over 2–3 year periods, mostly in cases involving Autism Spectrum Disorder (ASD).

G. Case Studies (present two concise cases)

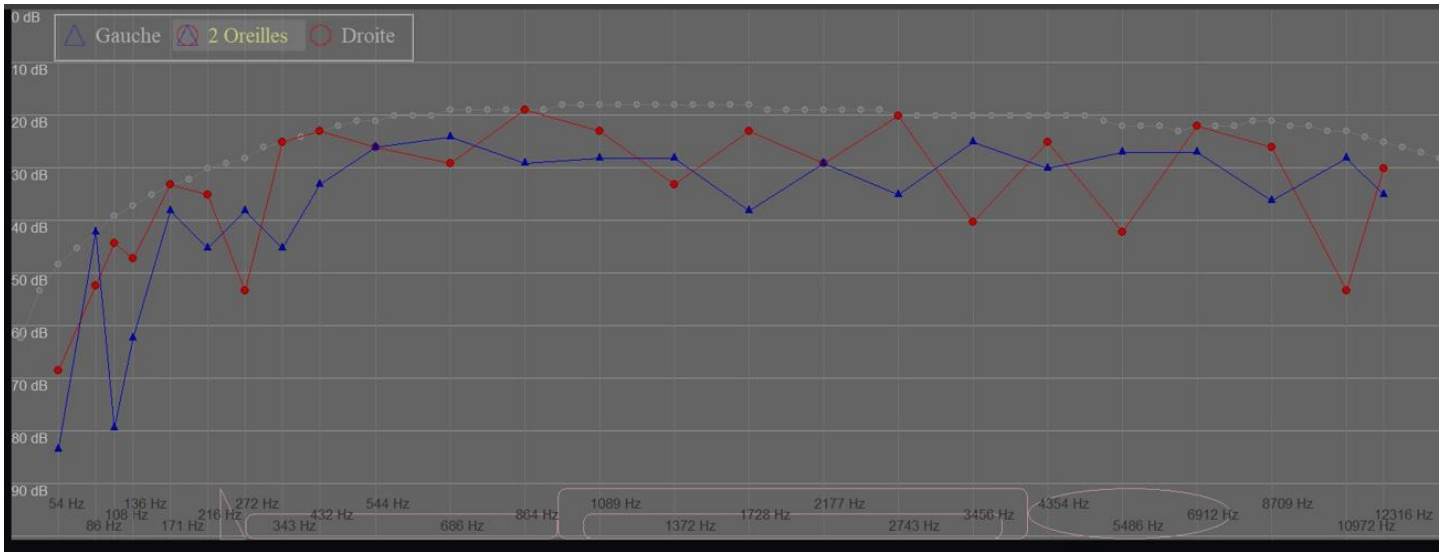
CASE STUDY 1 :

A 6-year-old girl, living with separated parents under the same roof, exhibited behavioral and psycho-emotional difficulties in her relationships with each parent, alongside longstanding auditory perception challenges.

These observations were reported by her mother, a naturopathy student, who, in mid-January 2025, opted for the short-term rental package to personally administer Holopsonie auditory training for her daughter.

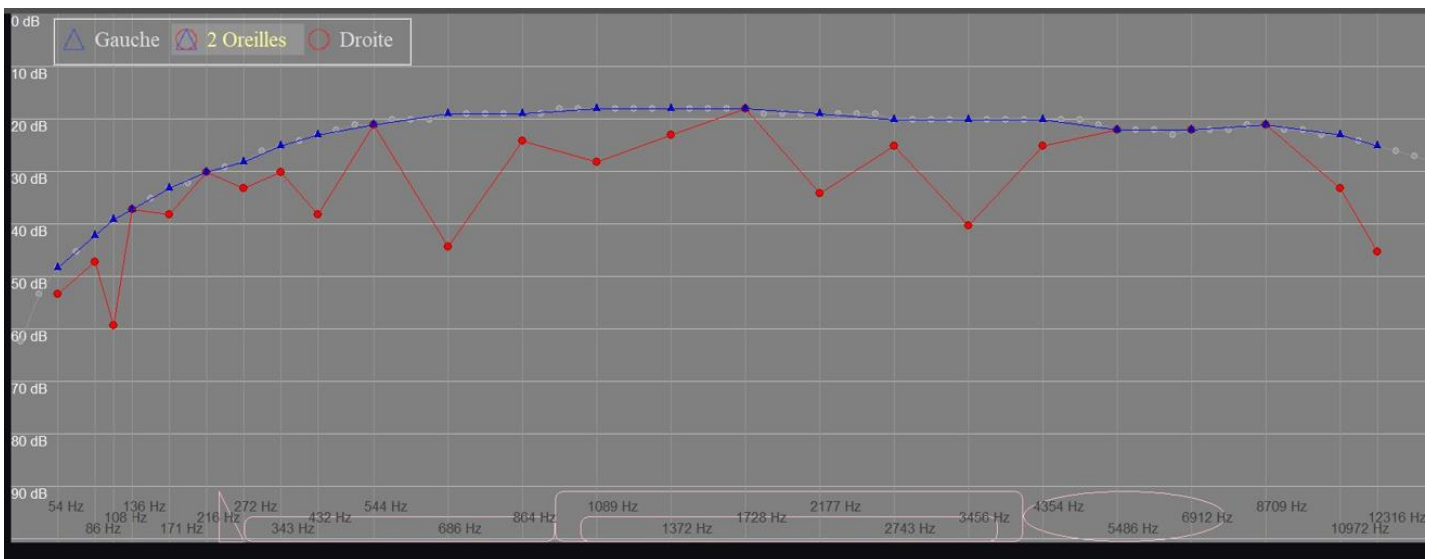
TEST 1: Initial Auditory Sensitivity (January 20, 2025):

Significant hyper- and hypo-sensitivities were observed in both ears :



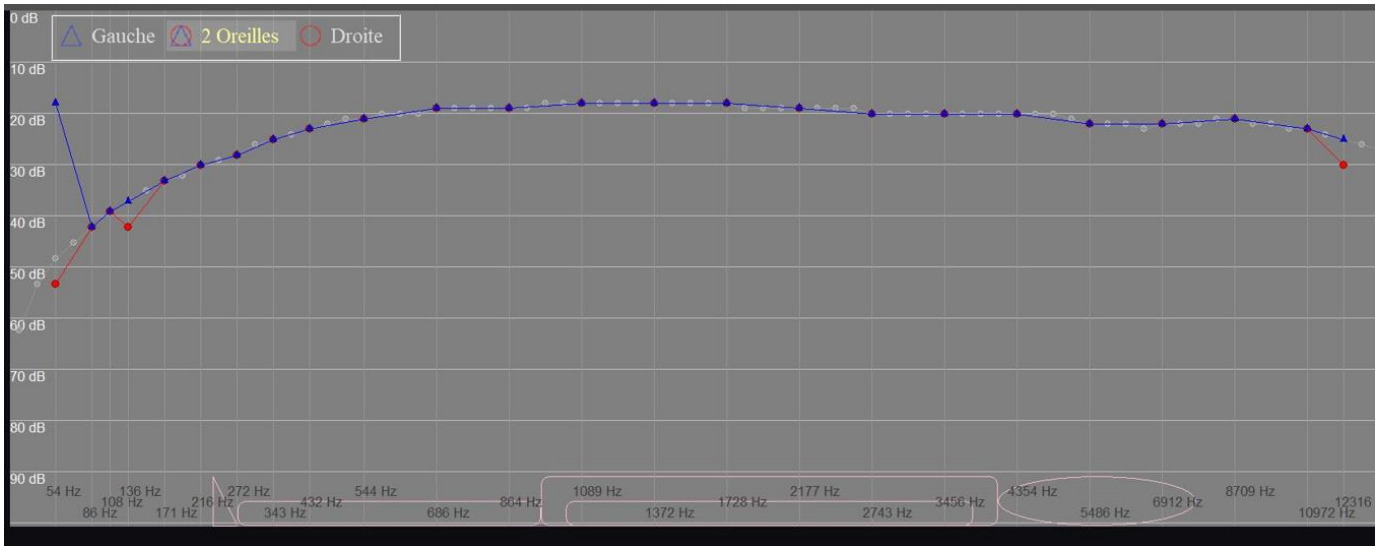
TEST 2 : Auditory Sensitivity After 8 Holopsonie Sessions (January 29, 2025):

Perfect reharmonization of the left ear was achieved, while some hyper- and hypo-sensitivities persisted in the right ear, possibly linked to ongoing relational difficulties with her father.



TEST3 : Auditory Sensitivity After 10 Additional Holopsonie Sessions (February 9, 2025):

Both ears showed complete reharmonization, and the father has become “the best daddy in the world” in the child’s eyes.



Observations :

Auditory sensitivity measurements revealed a remarkable harmonization of sound perception.

This is corroborated by the child’s reduced TV volume by 10 levels, indicating improved auditory comfort.

The child’s behavior toward her father transformed significantly, reflecting greater harmony.

Note: The training was administered as one session per evening over 20 days with one listening test performed to update the musical puzzles after 10 days, differing from the recommended protocol of two sessions (morning and evening) over 5 days, but better suited to the child’s rhythm.

CASE STUDY 2 :

A 15-year-old boy presented feeling deeply uncomfortable in his own skin. Given the method's track record of spectacular improvements in cases of depression, stress, and sleep disorders, Holopsonie treatment was proposed. Unbeknownst to the practitioner, the adolescent suffered from severe Quincke's edema (angioedema). He had previously experienced life-threatening episodes of throat swelling requiring emergency hospitalization and high-dose cortisone. No obvious trigger was present in the clinical setting. On the second day of treatment, during the listening session, he suddenly developed a full-blown angioedema crisis. Drawing on extensive clinical experience showing Holopsonie to be safe, the practitioner continued the session while simultaneously relieving the acute symptoms with acupuncture and chromotherapy. By the end of the 45-minute session, the crisis had completely resolved. No further episodes occurred during the remaining sessions, and this proved to be the patient's last angioedema attack. Long-term follow-up confirmed complete and permanent resolution. This case illustrates a key characteristic of Holopsonie: it is not a symptomatic treatment. A listening test is performed and personalized musical "puzzles" are created accordingly, regardless of the presenting condition. The approach is always global. Reactions may be unpredictable, yet they are never dangerous — and the more intense the initial response, the deeper and more lasting the improvement often proves to be.

H. References (key research, books, publications, papers)

Published research :

A study involving 23 children with academic difficulties highlights **improvements in sustained attention, cognitive flexibility, information processing speed**, and auditory and visual attention following a **short Holopsonie training program**, as measured by the TEA-Ch A and B and NEPSY-II tests.

French Source : <https://lucilebourdinpsychologue.fr/wp-content/uploads/2024/10/memoire-holopsonie.pdf>

A study on 29 anxious primary school students concluded that 54 hours of Tomatis Method sessions (a precursor to Holopsonie) led to over 10% improvement in outcomes.

Source : <https://www.tomatis.com/fr/bienfaits#benefit-125>

A study conducted on 25 children with Attention Deficit Hyperactivity Disorder (ADHD) reports positive outcomes from the Tomatis Method (the precursor to Holopsonie) on **processing speed** (measured by the WISC-IV test), phonological processing, and brain activity assessed via electroencephalogram (EEG). Parents of children who underwent auditory training also noted a **reduction in attention difficulties and oppositional behaviors**.

Source : <https://aura.antioch.edu/cgi/viewcontent.cgi?article=1044&context=etds>

The "Attention! Key to Success" project analyzed the relationship between the use of the Tomatis Method (the precursor to Holopsonie) and the development of key skills in **1,330 children**. An improvement of **+5%** was observed in **learning abilities and language skills**, and **+6%** in social skills.

Source : https://issuu.com/tomatisdoc/docs/fr_attention_and_tomatis_method_for

A meta-analysis based on 231 children with learning difficulties demonstrated **significant results** in the following areas: **language skills, psychomotor abilities, social and emotional maturity**, cognitive skills, and auditory perception capacity.

Source :

<https://www.tandfonline.com/doi/epdf/10.1080/10904018.1999.10499024?needAccess=true>

Another example is a study involving 54 children, which concluded that, “Although causality cannot be established with this study design, **scores on the Short Sensory Profile (SSP) and Aberrant Behavior Checklist (ABC) improved** in a group of children who received Berard AIT auditory training (a precursor to Holopsonie).”

Source : <https://berardaitwebsite.com/wp-content/uploads/2019/06/Berard-AIT-Behavior-Sensory-Changes-2-2014-1.pdf>

Another study on 18 children diagnosed with Autism Spectrum Disorder (ASD) investigated the effects of 20 sessions of 30-minute AIT training, noting a positive trend.

Source : <https://pubmed.ncbi.nlm.nih.gov/27573986/>

Other studies on the impact of the Tomatis Method on ASD report positive outcomes :

Source : <https://pubmed.ncbi.nlm.nih.gov/38562516/>

Source : <https://www.tandfonline.com/doi/citedby/10.1080/10904010903466378>

In French only – to this date :

Le langage secret des couleurs, janvier 2005, éditions Grancher.

Ces étranges coïncidences, avec Catherine Balance, éditions Recto-Verseau.

L'être humain, une symphonie inachevée, éditions La Chrysalide.

Les énergies conscientes au service de l'entreprise, éditions La Chrysalide.

Se guérir, une histoire d'amour, éditions La Chrysalide.

Les enveloppes conscientes, intelligentes et sensibles, éditions Recto-Verseau.

L'être humain, hologramme de l'univers, éditions Recto-Verseau.

Chromothérapie, luminithérapie Eyrolles 2009 2012

Massage Thaï massage Tao Chariot d'or 2009