



FACTSHEET/GOALS OF AMT

AMT is designed to cognitively redirect or re-map the brain. It uses repetition of movement patterns and sequences to establish legitimate pathways or highways for the information to travel along. This helps individuals with autism in processing, storing and retrieving information in a more efficient and effective manner. Cognitive redirection or re-mapping requires dedication, perseverance, along with repetition and predictability, all keys to successful interhemispheric sensory integration. We want our kids to perform well and work on-task; mastering these basic skills can have enormous impact in all other areas of learning. We also want them to be the best they can be. AMT stimulates the brain and wakes up areas that are dormant. But, like life, it's a process and no two kids respond in exactly the same manner. The program can be used with children as young as age three, yet has been shown to be effective when started with teenagers too. Don't get discouraged, get active! Retrain your brain!

AMT is fun, involving music and dance that appeals to all ages! The program is available through live sessions (coming soon!) or through an instructional DVD, called Aut-Erobics. You can purchase on your own through the AMT website or if I get five or more DVD's ordered, the creator, Joanne Lara will sell them to me for \$15 each.

GOALS:

Bridging the two sides of the brain to increase cognitive processing assimilation or "waking up the brain" is the ultimate goal of Autism Movement Therapy.

Individual will be more compliant when asked to complete on task activities, will interact with typical general education peers more frequently, and will be using both sides of his brain for processing.

Increase overall self-determination awareness, along with healthier, improved self-esteem.

It's FUN for all!!! Keep listening to music, dancing & moving....it's good for the BRAIN!!



You will use the left side of your brain to remember patterns & sequences

You will use the right side of your brain to visually process the movement & hear the music

You will use the bridge (corpus callosum) between the left & right hemisphere to execute or perform the dance sequences

You will have FUN!

Each child needs to be assessed. Safety & Wellness is the main concern for all in my class.

Three questions I will ask parents:

1. How are they in a group setting?
2. What is the child's placement in school...what kind of class are they in?
3. What behaviors do they exhibit ; any aggressive, verbal, physical behaviors?

Classes will be 45 minutes long.

6-8 students in a class (if I have more, I will use assistants, like volunteers from local colleges who are studying special education, etc, even parents, aides can jump in and participate and siblings of the autism individual will always be free!) Siblings are models, as well as friends welcome! AMT believes in inclusion!

Broken up into three age groups

3, 4, 5 year olds

6-8 year olds

9 & up

Autism Movement Therapy

A stylized human figure logo composed of three curved, overlapping shapes in orange, red, and purple, positioned to the right of the text.

Studies:

Hartshorn, K., Olds, L., Field, T., Delage, J., Cullen, C., & Escalona, A. (2001). Creative movement therapy benefits children with autism. *Early Child Development and Care*, 166(1), 1-5.

Lara, J. 2009. "Autism Movement Therapy®: Aut-erobics® Movement & Music Sensory Integration to 'Wake up the Brain'." *Autism/Asperger's Digest*, February/March, 39–40.

McGarry, L. M., & Russo, F. A. (2011). Mirroring in dance/movement therapy: Potential mechanisms behind empathy enhancement. *The Arts in Psychotherapy*, 38(3), 178-184.

Wan, C. Y., Demaine, K., Zipse, L., Norton, A., & Schlaug, G. (2010). From music making to speaking: engaging the mirror neuron system in autism. *Brain research bulletin*, 82(3), 161-168.