

# Autism Movement Therapy



**Elizabeth Rose Chacon**  
Autism Movement Therapy® Provider

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 ERCAMTP  
 ELIZABETH ROSE CHACON,  
Autism Movement Therapy® Provider

[www.ercAMTprovider.com](http://www.ercAMTprovider.com)

[October 2015 Newsletter](#)

## Update from Elizabeth

Huntington Beach Students! **New 6 class card for \$90** and you have the rest of the 2015 to use them. There 4 weeks left in October, 2 in November, and 2 weeks in December. Use the card all up and get another for 2 months, you can use them next year until February.

AMT & Tap will continue through October only in Costa Mesa and Lakewood. (If I can get 2 more students in CM or Lakewood I can keep the class going.)

Us Too Gymnastics in Lake Forest is a great facility! My class was a lot of fun. The children were great to work with and I hope to do more with them in the future.

If you would like a trial class at a school or special location, please let me know. I'm always looking for more groups to work with or venues to teach my class.

Please follow me on Twitter (ERCAMTP) and "Like" and "Share" my Facebook page ([ELIZABETH ROSE CHACON, Autism Movement Therapy® Provider](#)).

**Autism Movement Therapy & Tap  
on Saturdays at 12:30 pm  
in Costa Mesa at  
Jimmie DeFore Dance Center  
in October**

## Class Locations and Times

**Capoeira Mandingueiro**  
**Autism Movement Therapy®**  
16582 Gothard Ave. Suite N  
Huntington Beach, CA 92647

Teen & Young Adult Class  
Sunday Session 1:30 pm

Children 5 and up  
Monday Session 5:00 pm  
Wednesday Session 5:15 pm

**Linda Buell's Dance Workshop**  
**Autism Movement Therapy® & Tap**  
20942 Bloomfield Ave.  
Lakewood, CA 90715

**THROUGH OCTOBER ONLY**  
Children 5 and up  
Friday Session 4:00 pm

**Jimmie DeFore Dance Center**  
**Autism Movement Therapy® & Tap**

151 Kalmus Drive, Suite G3  
Costa Mesa, CA 92626  
**THROUGH OCTOBER ONLY**  
Children 4 and up  
Saturday Session 12:30 pm

**FIRST CLASS  
FREE!**

## Class information

Autism Movement Therapy® (AMT) is open to children on and off the Autism Spectrum. If you know a young child who is not yet identified as an autistic child, or is maybe just non-verbal, he or she is absolutely welcome to take the class. Most of my students have usually tried or do not like typical dance/movement classes. However, they find AMT suits them because behavior does not preclude participation. This class is most therapeutic if attended for a series of weeks.

Movement throughout the class is designed to help stimulate the brain and build new neuro-pathways between the right and left hemisphere. To create speech, information must pass between the left and right hemispheres. The brain is challenged by the class to create new pathways; the class is a safe place to experience the stimulation of lights, music, mirrors and movement. If students become stressed they are taught self-regulation techniques throughout the class. **Tap dance is taught in any studio that allows tap shoes on the dance floor.**

## Discipline

Students don't have to worry about doing anything right or wrong. The only thing they are invited to do is follow me, and MOVE with me! But if they have a "meltdown" or start hitting the mirror or another person the student will be asked to sit in a chair in the dance room and will be shown some techniques to calm him or herself down. **The choice to rejoin the class belongs to the student.** When the child is ready they can simply indicate that he/she would like to start dancing again. Raising the hand, asking, or simply joining again are all acceptable.

If you know of anyone who would benefit from this therapy, please give them my information.

**I am now eligible to be an Autism Movement Therapy Licensed Provider so I can train and certify new providers! If you want to be a provider, let me know so I can arrange licensing and a certification workshop.**

## Parents

Parents are encouraged to observe their child. If you want to join the class you might have to sign a release for the facility. I will be asking you to dance or move with me just like the other students because additional role models are beneficial to movement therapy. If you would like to take 45-60 minutes to relax, sit, read, or enjoy just watching the class you are welcome to do that. There is usually space in the lobby of the studio for private conversation.

No special dance clothes are required. (Shoe requirements are up to each studio owner.) Most students like to dance barefoot. If your child prefers socks, I recommend 100% cotton socks to reduce slipping on the dance studio floor. If your student likes to wear skirts, I recommend dance briefs to allow freedom of movement.

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