

Autism Movement Therapy

in Orange County

Elizabeth Rose Chacon
Autism Movement Therapy® Provider

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www.ercAMTprovider.com

November/December
2015 Newsletter

Update from Elizabeth

☿ Hello! If you have a student in one of my AMT classes, would you please go to the *Questionnaire* page of my website? Please share your thoughts about class with me. One the page I ask for your permission to quote you for my brochure and website. If you have not yet experienced the class yet, you can tell me why on the same questionnaire.

☿ You can now register for classes from the website or sign up from my Facebook page!

☿ Soon we will have a class for 3-4 year olds in the morning during the week. If you or anyone you know is interested, don't be shy, let me know.

☿ Us Too Gymnastics in Lake Forest is a great facility! We have joined forces and will provide AMT at the Lake Forest Park and Recreation Winter Session starting December 5, 2015.

☿ I'm planning to change the name of the class, some people complain about the word Autism in the program name. I'd love your feedback and suggestions. It will be put to a vote next month.

I love dancing!



☿ Length of the class: A group class can last between 45 and 60 minutes, but when the group is very small it may only last between 30 and 45 minutes. The smaller the group the more intense the movement is for each child so I try to respect their ability to work with me. Younger children, especially, get very tired. I know it's hard work for them because their brain and body are learning to communicate. It's frustrating, fun, and tough all at the same time. If you feel the class is too short, let me know, we can discuss it.

☿ 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! ERCAMTP

☿  Please "Like" and "Share" (ELIZABETH ROSE CHACON, Autism Movement Therapy® Provider).

Class Location 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 years old and up
Monday Session 5:00 pm
Wednesday Session 5:15 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 non-verbal without a diagnosis of autism, 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 with other kids 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.

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, he or she 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.

Sign up at www.ercAMTprovider.com

Let me know if you are interested in receiving certification to be an Autism Movement Therapy® Provider and take a Certification II Workshop. This certification is specifically designed for those who want to create their own program in their area.

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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