

Autism Movement Therapy



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 ERCAMTP
 ELIZABETH ROSE CHACON,
Autism Movement Therapy® Provider

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September 2015 Newsletter

Update from Elizabeth

I'm giving 3 free AMT & Tap Classes this month, one class had no students, the second class had two, one more will be offered on September 26, 2015. We had a great deal of fun. I'd like to add this class to my schedule, I can if I have 3 or more students. Please let me know if you are interested.

On October 3, 2015 at 2:30 pm I will be giving an Autism Movement Therapy session at Us Too Gymnastics in Lake Forest, CA. I'm excited to share this class with more students and parents.

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

Please follow me on Twitter (ERCAMTP) and "Like" my Facebook page ([ELIZABETH ROSE CHACON, Autism Movement Therapy® Provider](#)). If you are on Facebook and your child is in a Huntington Beach class please join my *closed* group called [Autism Movement Therapy in Huntington Beach](#). Only members of the group will be able to see the posted comments, likes and pictures.

**Interested in Tap
for your kids on Saturdays
at 12:30 in Costa Mesa?
Call me!**

CLASSES

Class Locations and Times

Capoeira Mandingueiro
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
20942 Bloomfield Ave.
Lakewood, CA 90715

Children 5 and up
Friday Session 4:00 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.

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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