

# Autism Movement Therapy

in Orange County

Elizabeth Rose Chacon  
Autism Movement Therapy® Provider

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

## January/February 2016 Newsletter

### Update from Elizabeth

Happy New Year! Starting in January, class fees will change, there will be a discount if you pay for more than one week at a time:

One Class Per Week	
1 Class	\$15
4 Classes	\$57
6 Classes	\$85
8 Classes	\$110
10 Classes	\$135
2 Classes per week	
No change You can pay for more than one week at a time, but the price will remain the same	\$25 Per week

## Time to Vote!

Go to my website to pick the class name you like! The choices are:

- AMT for Me!
- A Dance Class for Me!
- AMT for You and Me!
- Dance for Fun
- Let's Dance
- Expressive Movements for All
- Expressive Dance Therapy



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 and fun 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 or workshop, at your school or special location, please let me know. I'm also available for demo classes and lectures.

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

**Children 3-5 years old**  
Sunday Session 5:15 pm

**Teen & Young Adult Class**  
Sunday Session 1:30 pm

**Children 5 years old and up**  
Wednesday Session 5:15 pm

**FIRST CLASS**  
**FREE!**

Newsletter Continued  
**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](http://www.ercAMTprovider.com)**

### 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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