

HOPE FOR AUTISM

The Berard Method

AutismOne Conference
May 26th 2011
Generation Rescue

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Listen to Learn.
Learn to Listen.

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BACKGROUND & CERTIFICATIONS

- Director of Advanced Sensory Educational Services (ASES), LLC
- Mother of 12 year-old child with Autism
- Bachelor of Science in Nursing
- Berard Method of AIT – Certified
- Irlen Method - Certified
- Interactive Metronome - Certified

May Kelly

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MY EXPERIENCE WITH AUTISM

- Almost 12 years of experience caring for a child on the Autism Spectrum
- Many years of research/looking for answers at conferences, internet
- Proactively trying out a variety of recommended treatments and training
- Founded ASES to provide Berard AIT Method for children and adults

Ian & Winston
Applying deep pressure

"It Takes Two to Tango and Success Comes With Perseverance"

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MANY FACETS OF AUTISM

- Wide range of involvement
 - Parents, Teachers
 - Therapists, Doctors
 - Alternative Practitioners
 - Attorneys
 - Respite
- Broad range of symptoms combinations and severity
- Varied training and treatment modalities
- Varied outcomes
- Differing opinions

Ian getting regulated

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MY SON'S VARIETY

- Science suggests
 - Premature birth
 - Older parents
- Environmental
- Behavior
- Language/Communication
- Motor Development
- Sensory Issues
- Processing Issues
- Emotional Development
- Fixations
- GI
- Social

Ian's 12th Birthday
At The Academy of Human Performance

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PRIORITY TO DO LIST (PTDL)

- Observed Signs and Symptoms (OSS)
 - Rate severity of OSS from 0 – 10
 - 10 = most severe
- List of treatment, training, therapy
 - T3 List available in area
- Rate each outcome from 0 – 10
 - 10 = best outcome

Ian addressing his own Sensory needs

PTDL = Breakthrough

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REASONS FOR BREAKTHROUGH?

- Autism is a neuro-developmental disability
- A brain dysfunction that impacts
 - Communication
 - Social Interaction
 - Cognition
- The brain is "trainable" through reorganization
- Berard AIT reorganizes the brain

Much in the treatment of autism is to reach the end for the education of 3% autistic kids.

Berard AIT Method Can Help Reorganize the Brain of Autistic People

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HIERARCHY OF DEVELOPMENT

Cognitive Skills	Writing, Spelling, Reading, Arithmetic	Imagination, Visualization, Self-Esteem, Capacity for Abstract Thought and Reasoning
Perceptual Skills	Organization, Attention, Visual Perception	Speech and Language, Concentration, Auditory Perception
Fine Motor Coordination	Speech and Language, Eye-Hand Coordination, Controlled Oculomotor	
Gross Motor Coordination	Bilateral Integration, Balance, Motor Planning	Visual/Motor Integration, Lateralization, Body Percept
Innate Reflexes	Tactile Comfort, Sucking, Muscle Tone	Eye Movements, Oral Motor, Gravitational Security
Basic Sensory Channels	Auditory, Tactile, Vestibular	Visual, Kinesthetic, Proprioceptive
Physiological Reactions	Nutrient Deficiencies, Immune System Malfunction, Chemical Sensitivities	Inflammation, Allergies, Structure

Developed by Patricia Lemoine, M.Ed., M.C., Director of Developmental Delay Resources, PA

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WHAT IS BERARD AIT?

- Educational & auditory-based intervention; not a medical treatment
- Helps reorganize the sensory and auditory processing of the brain
- Thirty-minute sessions through a headset listening to processed music twice a day
- Minimum three hours apart over ten days


attention • concentration • behavior • speech • communication • self-confidence • self-esteem • auditory processing • language • sensory integration

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BERARD AIT INVOLVES

- ❖ Multiple Audio Tests
- ❖ Completion of questionnaires by the same parent/guardian
- ❖ Client listens to a total of 10 hours of processed music
- ❖ Participation in aftercare instruction
- ❖ Client progress is periodically monitored up to 6 months




Fidget toy during training

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OBSERVED BERARD AIT BENEFITS

- ❖ Improved Sensory Integration
- ❖ Increased Auditory Processing Speed
- ❖ Improved Attention & Concentration
- ❖ Improved Comprehension
- ❖ Enhanced Recall
- ❖ Improved Speech & Language
 - Writing
 - Reading
 - Spelling
- ❖ Improved Balance & Coordination



Ian testing his balance After the Berard Method

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ASSOCIATED BENEFITS OF BERARD AIT



Ian & Sharkey's Martial Arts Training



Ian & Divehart Organization


- ❖ Enhanced Socialization
- ❖ Increased Overall Self-Confidence
- ❖ Increased Self-Esteem

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PROGRAM PROTOCOL

- ❖ Parent orientation
- ❖ Completion of questionnaires by same parent/guardian
- ❖ Participation in aftercare instruction
- ❖ Client progress is periodically monitored up to 6 months
- ❖ Multiple Audio Tests by certified audiologist




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AUDIO TEST COMPONENTS

- ❖ 11 frequencies
- ❖ Tympanogram
- ❖ Test of Laterality
- ❖ Test of Selectivity
- ❖ Tests performed
 - Before
 - During
 - After
- ❖ Berard AIT Sessions




Ian & Audio Tests

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CASE STUDY

- ❖ Initials: ASD
- ❖ Age: 7 year old boy
- ❖ Diagnosis: Autism, ADD/HD
- ❖ Presenting Concerns: Auditory processing difficulties, expressive language challenges, decreased attention/focus, very short attention span, loud voice, inflexible
- ❖ Outcomes: After Berard AIT sessions ASD's aide said "Oh, my gosh, he's so flexible, easier to transition, and so much more verbal."




Berard Listening Session

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CASE STUDY

- ❖ Initials: ADD
- ❖ Age: 8
- ❖ Diagnosis: ADD/HD, lost her father at age 5
- ❖ Presenting Concerns: Inattention, decreased focus, inflexible
- ❖ Outcomes:
 - ADD looks forward to Berard AIT sessions
 - Increased sleep, calmness, flexibility & cooperation
 - Let go of tomboy behaviors after father's death



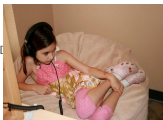
After Berard AIT sessions she returned to her "girly-girl self."

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CASE STUDY

- ❖ Initials: AS
- ❖ Age: 8
- ❖ Diagnosis: Asperger's Syndrome, ADD/HD, Anxiety
- ❖ Presenting Concerns: Sensory issues, easily distracted, sound sensitivity, balance, very loud voice which is a stressor to family, mixes up letters/numbers
- ❖ Outcomes:
 - Increased cooperation, flexibility, and
 - Modulated her own voice volume to tolerable level
 - Improved reading ability




After AIT "her reading has improved. The major improvement has been the voice volume and her cooperation... When AS started school this year, her speech teacher said, "wow, that (Berard) AIT really made a big difference in her voice volume."

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SUMMARY

- ❖ Scientists are looking for links between "cause" and "cure"
- ❖ Scientists know that brain dysfunction is the root cause
- ❖ Researchers know the brain is "trainable"
- ❖ The Berard Method is known to stimulate reorganization so the majority of participants function much more effectively
- ❖ Victor Hugo: Music expresses that which cannot be said and on which it is impossible to be silent



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