

## Simple Strategies for Improving Processing in Students with ASD

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## Processing in a Nutshell

- What does it mean to process something?
  - Take In
  - Make Sense (make meaning)
  - Do Something
- Many types of information
- Broadband vs. Single Band Processing

## Autism as an Information Processing Disorder

- Difficulties taking in, making sense of, and responding to many different types of information
- Deficits in simultaneous processing of information
- The communication, social, and behavioral symptoms we see are the result of processing problems
- "I feel confused almost all the time!"

## Interaction Research

- The ways adults engage with children makes a significant difference in their ability to make sense of what is happening and respond appropriately
- Important elements include: pacing, roles, physical environment, communication, mood, emotional expression, responsivity/sensitivity, tension/relaxation
- When professionals and parents modify these elements of interaction in ways that support the child's processing, symptom improvement can occur

## Slow Down

- What is the typical pace of our communication with children?
- Slowing down allows for better processing and less stress
- Pausing and wait time
- Waiting expectantly

## Speak Less

- Seems counterintuitive
- Use fewer words – say what you mean and know when to stop!
- Don't repeat over and over
- Increase use of non-verbal communication

## Stay Close

- The distance factor
- Zone of connection
- Attention first – then communicate the message

## Stop and Wait

- When a child is already confused and overwhelmed, is adding more into the mix helpful or harmful?
- Sometimes the best course of action is to do nothing at all
- Find the space between "force" and "free for all"

## Remember

A stressed mind shuts down and does not process efficiently or effectively!

## For More Information

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

- o Free Video Series for Parents
- o Free Audio for Professionals
- o Articles and Resources

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