

## THE COUNSELING CENTER AND AUDITORY INTEGRATION TRAINING

The Counseling Center has been approved by Berard Auditory Integration Training Systems, Inc. as an official AIT training site. Children and adults who benefit from AIT have been previously diagnosed with diverse learning disabilities, attention deficit disorder, Downs Syndrome, PDD, CAPD, autism, tinnitus, cerebral palsy and others. Some clients had no specific diagnosis but either had painful hearing, abnormal speech patterns, age inappropriate speech, jargon, echolalia or no speech. AIT is a ten day program of listening to music that has been specially filtered for the individual's needs. We find that most people enjoy this listening exercise and it can be calming and soothing. We have offices in both Darien, CT and Leicester, NC and also provide an "At-Home" program for those who live at a distance.

### IMPROVEMENTS AFTER AIT, REPORTED BY CLIENTS, TEACHERS AND PARENTS

Reduction in Hypersensitivity \* Vocal Intensity \* Interest In Verbalization & Communication  
Auditory Comprehension & Articulation \* Interaction with Others & Diminished Antisocial Behavior  
Increased Comfort Level \* Independence & Self-Esteem \* Age Appropriate Behavior \* Academic Performance  
Responsibility in School \* Attention Span & Short-Term Memory \* Reduction in Hyper-acute Hearing  
Less Impulsivity and Restlessness \* Reduction in Distractibility \* Social Behaviors & Cooperative Behavior  
Not So Lethargic \* Less Irritability \* Improved Writing & Language Skills



The Counseling Center AIT Division  
690 Boyd Rd. Leicester, NC 28748  
[www.auditoryintegration.net](http://www.auditoryintegration.net)  
aithelps@aol.com

### WEBSITE RESOURCES

[www.auditoryintegration.net](http://www.auditoryintegration.net) is our comprehensive website with information and forms for Berard Method AIT.  
[www.LDOnline.com](http://www.LDOnline.com): Learning Disabilities Online is a directory of Parent Advocacy Information Centers.  
[www.rtcil.org](http://www.rtcil.org) Guidelines for People with Disabilities is a resource on disabilities writing do's and don'ts.  
[info@sait.org](mailto:info@sait.org) Society for Auditory Intervention Techniques offers information on AIT and other programs.  
[www.ciccparenting.org](http://www.ciccparenting.org) Center for the Improvement of Child Caring offers programs, products, services & an online newsletter.  
[www.ASDpuzzle.com](http://www.ASDpuzzle.com) ASD Nutrition Seminars & Consulting helps parents integrate Nutrition Therapy into treatment of Autism.  
SOAR Sharing Our Autism Resources Fair in Rome, GA Sept. 17,05. Contact Christie Atkins, M.Ed. at [CLMAdkins@aol.com](mailto:CLMAdkins@aol.com)  
[www.soarnc.org](http://www.soarnc.org) Success Oriented Achievement Realized hosts an open house in Balsom, NC April 30<sup>th</sup>. 828-456-3435



#### Local to North Carolina

[www.WNCparent.com](http://www.WNCparent.com): is local magazine which includes events and activities for children and other great info.  
[www.wncfamiliescan.org](http://www.wncfamiliescan.org): is a local group which meets with info. on parent advocacy for behaviorally troubled kids.  
[www.FIRSTwnc.org](http://www.FIRSTwnc.org): is a local group that hosts sessions in the community of different topics of interest. 828-277-1315

#### Local to Connecticut

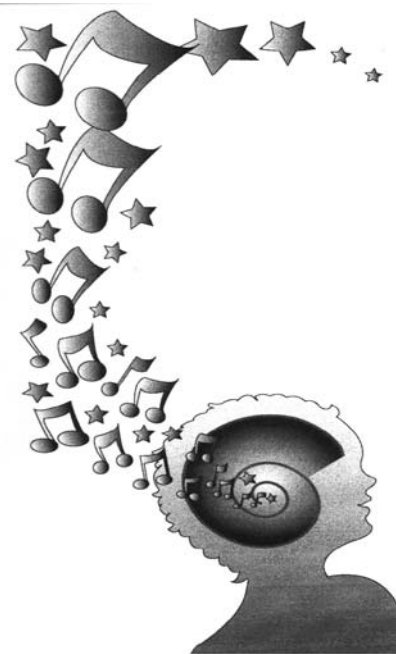
[www.mytutor&me.com](http://www.mytutor&me.com): Shannon Converse, Ed.M. and Frederick Converse provide tutoring in Darien. 203-857-0196  
[www.devdelay.org](http://www.devdelay.org) Developmental Delay Resources provides news on nutrition, biomedical, workshops and other information.

## WELCOME TO THE COUNSELING CENTER, MEET OUR STAFF

### **Sarah Gewanter, MSW, LCSW – Program Director**

Sarah Gewanter is a well-known psychotherapist who trained at Columbia University. She was also trained by the Georgiana Organization and Sally Brockett, International Berard Trainer, in the Berard Method of Auditory Integration Training (AIT). In a collaborative teamwork and “systems” approach. Ms. Gewanter has successfully used AIT to implement changes in children and adults. She is a Licensed Clinical Social Worker in Connecticut, New York, and North Carolina. She is also a Certified Berard Method AIT Practitioner. Ms. Gewanter has over 25 years of clinical experience working with children and adults. She is the Clinical Director of the Counseling Centers in Connecticut and North Carolina.

Ms. Gewanter combines expertise in developmental disabilities, psychodynamics, AIT, behavior management skills to help families with programs that bring out each individual’s potential in children and adults through AIT methods. The Auditory Integration Method, developed by Dr. Guy Berard in Annecy, France over 30 years ago, is the intervention of choice for non-pharmacological, non-invasive treatments that help normalize auditory, behavioral and neurological functions.



### **Cayanne Ramuten, B.A. – Community Outreach Coordinator**

Previously a High School English teacher in Eastern NC, I returned to Asheville, my hometown with an interest in further professional development. I have thoroughly enjoyed my teaching experiences with at-risk youth, minority groups and special education students. This world will only become a better place if we value our children as our highest priority. This is why I love the work that I do here. It provides me with the opportunity to help make a child’s life brighter.

### **Emily Cross – Office Manager/Community Outreach**

The newest member of our team, joined us in November of 2004. Emily is from Connecticut, but has lived in Asheville, North Carolina for eight years with her teenage daughter, Charlotte. She enjoys working with parents and children, and understands the joys and the difficulties of parenthood. She has fifteen years experience working with a variety of alternative healing techniques.

## SUCCESS STORIES

AIT is helpful with many conditions and all different ages. In this newsletter we are focusing on children. Future stories will include adults also. If you have a story you would like to share, please send it to us. Thanks! Sarah

### **Steph’s Story**

I would like to take this opportunity to thank you for providing the AIT therapy for my eight year old daughter. She experienced 30 ear infections by the time she was seven years old. She spoke in a high pitched tone and was diagnosed with hyper-acute hearing. She was also overly irritable. She suffered some difficulties in school. I always felt that her difficulties had something to do with her hearing. A year ago, she listened to the AIT tapes and she is a different child today! My last teacher conference was a pleasure! Her audiogram indicated an improvement. She is a much happier child. Her voice is not as loud or high pitched. Throughout all, Sarah was there as a professional to listen and answer questions no matter how big or small. She provided support throughout the last year. Your knowledge, expertise and belief in AIT was always apparent. As a parent and a Special Educator, I highly recommend AIT training for children with hearing sensitivities. It made a difference in my daughter's life. Thank you again. [Maryanne Reda](#)

## SUCCESS STORIES

### William's Story

William is 5 years old. He was diagnosed with PDD.NOS and has been receiving services since he was 18 months old. He has received speech therapy, OT, ABA, social/behavior group therapy, pecs program, special needs learning software, nutritionist advice, to name the course of our journey so far. In preparation for kindergarten, I decided to try AIT in the summer of '04 to try to increase Will's focus and concentration. His issues consisted of speech delay, behavior, social and sensory problems. Will took to the headphones immediately, which surprised me very much. He actually enjoyed the sessions and commented that he liked the music. All in all, it went remarkably well. Post AIT, regression set in and I was scared to death. His tantrum behavior worsened and nothing seemed to improve.

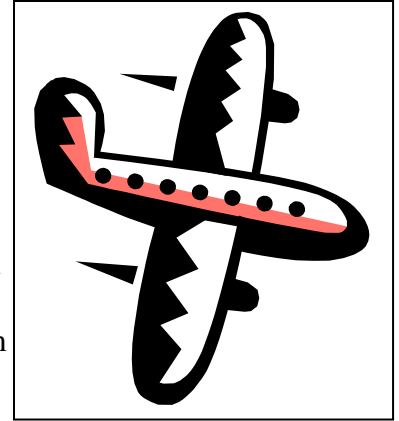
Then, slowly and subtly things started to improve. He stopped holding his ears. We took him to a movie (first time ever) and he wasn't bothered at all. At birthday parties he joined in to sing. His language started to increase; he seemed more comfortable, settled and happy. He was making more connections, his abstract thinking improved and he started talking in lengthier sentences. He recalled stories from a year ago! Never before had he been able to communicate memory recollection. Overall, his hearing sensitivities decreased or disappeared, his language improved and his memory kicked in. I am thrilled for him and feel that aside from ABA, AIT therapy has been the most effective. William attends a collaborative kindergarten class with a regular teacher and a special education teacher. He gets on the bus every morning and every afternoon, eats his lunch, and is doing remarkably well keeping on task and retaining information learned. He is reading and writing, things I wasn't sure would ever happen! Valerie Baumler

(Illustration provided by William – Congratulations!!)

### Zachary's Story

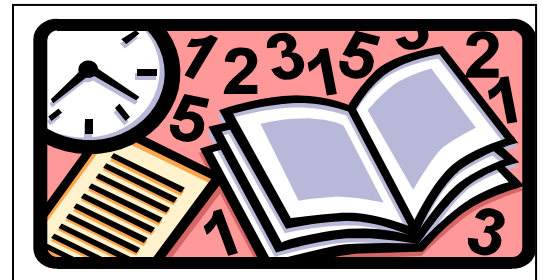
I remember the day that Zachary was first diagnosed with Autism. The world seemed to close in on me and all that I wanted to do was physically and figuratively lock the doors in our house; in effect, barring anyone from entering our "new world" of Autism. My wife, Teresa, immediately began to work for Zachary and ultimately provided the means for me coming to accept Zachary's condition. One of the first things that Teresa did, as I sulked in constant denial, was to form a support network of other individuals with autistic children. In his divine wisdom, God allowed a member of our church who had an autistic daughter to be in one that dealt with AIT... I turned to the first case study that I could find dealing with an autistic child and began reading. The first thing that struck me was that my Zachary shared every characteristic of autism with the child in the book. At that moment I accepted that Zachary was autistic and determined that I would do everything possible to provide him with as normal a life as he could have...I immediately called Teresa and told her "You have got to read this book! This is just like Zachary and I think that AIT may work for him." We discussed it and Teresa, who is a registered nurse, began doing Internet research on AIT the next day...Teresa found the Counseling Center on the Internet and arranged to have Zachary's hearing tested. Teresa also experiences sensitivity to sounds and large crowds and decided to have her hearing tested, as well....Teresa did Zachary's first session during the morning and it was bad. He fought the headphones and cried incessantly. That night, I helped with Zachary's second session and he acted the same way. We had to hold him down to keep the headphones on his

head and I was so much of a distraction because he kept trying to get me to hold him, that Teresa asked me to leave the room.... By my third session with Zachary, he was listening to about 25 minutes without much resistance. The first hint that I had that the therapy was working was on the fourth day. Zachary was always able to hear airplanes long before I could. He would say, "Aw-pane" and sure enough, thirty to forty-five seconds later, I would hear an airplane flying over. On this day I noticed that Zachary and I were hearing the airplanes at approximately the same time. This really got my hopes up. During Zachary's tenth or twelfth session, I noticed that he was saying words that I had never heard him say before. Things that he had apparently heard, but never repeated. Furthermore, these words were not echolalia: they were spontaneous and articulate. The next day we were outside again and we heard an airplane. Zachary pointed to the sky and said, "airplane" as clearly as I have ever heard. Teresa had marked results from her AIT therapy as well. I knew that it was working for both of them because up until just after they had finished their therapy, I could barely hear our TV if they were in the room. If I increased the volume, either Zachary or Teresa would turn the TV down. Zachary learned how to do this at an early age. But after the therapy I noticed that we could all watch TV at a normal level. Zachary's progress has been tremendous to date. Unless we tell people that he is autistic, they really never know. Even when we tell them we always get the response, "he seems so normal." I am not saying that all of his progress is due to AIT. We have Zachary in many hours of speech therapy, physical therapy and occupational therapy every day. We also give him herbal supplements and vitamins that assist his developing mind and control his autistic tendencies. These are all of the tools that we use to give Zachary the best chance he will have at a normal life and AIT, in my opinion, was one of the most effective tools that we have had in our quest to save our little boy. Now I see Zachary will be able to reach the summit. I am thankful to Dr. Berard and for Sarah Gewanter for giving us this tool. Ken Pressley



### **Ben's Story**

It is true we were skeptical at the beginning, but after the 10 days of listening to the CDs, my son's therapists called us happily to show how Ben suddenly came out with his first words. Here is what she wrote in her report that day: "When we did the counting book he took my finger and wanted me to point and count objects-then all of a sudden he counted each number (each page) -one to ten- It Was Great " Since then he has gained lots of words, there is much more understanding, and his eye contact is great. He knows his ABCs, shapes and colors, in fact, he is smarter than kids his age. M. Aronson



Thank you to the parents and children for have shared their stories with us!

If you have an inspiring story to tell, please send it to us. Part of the idea of this newsletter is to have a way to share the stories of all of those in our "AIT family". I look forward to hearing from you. If you would like to share your story with us, please email it to [health@aithelps.com](mailto:health@aithelps.com) or send to: The Counseling Center 690 Boyd Rd. Leicester, NC 28748. We would love to hear from you!

### **THANK YOU TO OUR FRIENDS AND SUPPORTERS**

Francine Glidden, David Hoffman, Terrie Silverman, Lori Friedman, Joy Yinger, Valerie & William Baumler, Teresa, Ken & Zachary Pressley, Maryanne Reda, M. Aronson, The Scholarship Committee, The Mountain Express, Greenlife Grocery, Indigenous Teahouse and to all of our clients and their parents and guardians.

Contributions: If you would like to donate to our Scholarship fund, please contact our office.

\*\*\*\*\* You can put this page up on the refrigerator and/or pass it on to a friend. \*\*\*\*\*

## YUMMY SNACKS

### **Cranberry Bread (good for regulating systems)**

Combine flour, baking powder, baking soda and salt  
Prepare pan: spray inside w/nonstick spray & dust w/flour  
Tap out excess (parchment or wax paper on bottom helps)  
Set oven to 350 degrees, use middle rack  
Combine & beat oil, sugar, eggs orange juice, vanilla & grated peel until smooth  
Add dry ingredients and beat until smooth  
Add cranberried & walnuts, mix at low speed  
Poor into pan, fill ½ or no more than ¾ full  
Bake 60-70 minutes, until toothpick come out clean  
Let cool for about 20 minutes and ENJOY!

1 ¾ cups all-purpose flour  
1 teaspoon baking powder  
¼ teaspoon baking soda  
½ teaspoon salt  
½ cup oil (vegetable, canola or safflower)  
1 cup granulated sugar  
2 large eggs  
¼ cup orange juice  
1 teaspoon vanilla  
1 teaspoon grated orange peel  
1 ½ cups cranberries (fresh or dried-add 2 tbsp. juice)  
¾ cup walnuts, in small pieces

Quick Snacks: 12 grain bread, dried fruit, soy chips, Pirate's Booty (organic), fold prune/carrot juice into your baking, and this tip to help w/hard stools: Little Tummy's Laxative Drops (put into chocolate milk)

### **Play-Dough Cookies (food you can play with)**

Stir together peanut butter and honey  
Add dry milk until dough is soft and not sticky  
Add in options: raisons, pretels, apple slices  
Shape and Eat!

1 cup creamy peanut butter  
3 tablespoon honey  
nonfat dry milk

## RESOURCES FOR NUTRITION

[www.organicshopper.org](http://www.organicshopper.org): Asheville's local health stores provide purchase of organics & includes articles, recipes, news & more.  
R.O.C.K. Raising Our Celiac Kids provides info. and helpful food ideas, contact Marzi Davis: [Marzieh@skyrunner.net](mailto:Marzieh@skyrunner.net)  
[www.EnjoyLifefoods.com](http://www.EnjoyLifefoods.com) & [www.savorypalate.com](http://www.savorypalate.com) provides foods and recipes for those with food allergies and special diets  
[www.AlternativesForHealing.com](http://www.AlternativesForHealing.com) is a resource site for finding alternative medical practitioners  
[www.theremedy.wholefoodsfarmacy.com](http://www.theremedy.wholefoodsfarmacy.com) Great American Wholefood Farmacy

## SUMMER CRAFTS

### **Bubble Machine**

Instructions:

- 1.) Punch hole in lid about ¼ way down and punch a hole in the tub, an inch from the side
- 2.) Fill tub with liquid soap and halfway
- 3.) Put straw through hole in the side of tub
- 4.) Replace lid on top
- 5.) Decorate with stickers
- 6.) Blow through straw, in soap, for bubbles

Materials:

Margerine or butter tub with lid  
Liquid Dish Soap  
Hole Punch  
Stickers  
Flexi-straw

### **The Sunshine Award**

Draw or cut out a big sunshine. In the center write your child's name. On the "rays" write reasons that your child is special, or have him/her tell you what makes him/her special. You can also use this for achievements like toilet training or have your child make this award for someone else.

### **Sidewalk Chalk**

Instructions:

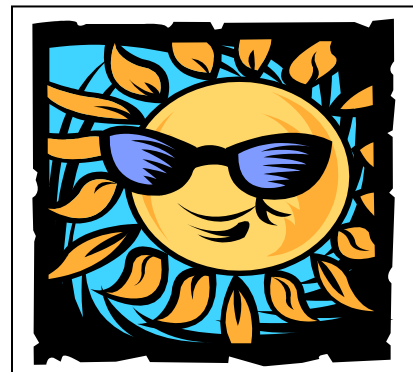
- 1.) Mix paint power and water in cup
- 2.) Stir in plaster of paris until thick as cream
- 3.) Allow mixture to harden for 2 hours
- 4.) Peel paper cup or pop chalk out of plastic cup

Materials:

Paper or Plastic Cups  
2 Tbsp. Powered Tempura Paint  
½ Cup Water  
3 Tbsp. Plaster of Paris

### **ON-THE-GO-BINGO**

Make up bingo cards with pictures of street signs, things you might see in a doctor's office, grocery store, or any where else you where are on-the-go and need help occupying the kids. You can use easy peel stickers for markers, and you could laminate the cards. (fun and educational)



## ON A PERSONAL NOTE

People often ask how I got involved in AIT in the first place. The answer is both a personal and professional one. In my circle of family and friends, there are many who have either ADD, dyslexia or other, shall we say, “creative ways of learning”. Many are very bright and creative but have had learning challenges. So we are always on the look out for therapies and programs that could be helpful. Denny Cooper, my “life partner” and colleague has a sister, Joy Yinger, a music teacher. She first learned about AIT and told us she thought it was interesting and held promise. In fact, she was so enthused about it that she helped sponsor me to get the training and equipment in 1993. Also, professionally, through my training as a clinical social worker at Columbia University, the emphasis was always on a “Systems” approach, in other words, I was taught to look at the whole person not just the pathology, to think “out of the box”, to try to understand everything that is going on within the person’s context of the environment as well as within the individual person. I have also always been interested in alternative and complementary therapies and what truly works with people. Although I have a skeptical streak, I try to stay open to new information and learning. In 1993, when I learned of AIT and what it could do, I investigated further, took the training and received my certification and for the first 6 months only worked with friends and family to really see if it did what they claimed it could do and to make sure I knew what I was doing with it. Sure enough, we got very good results so I started opening it up to others. Over the course of 12 years I have used AIT with hundreds of people of all ages.

More personally, Denny, who had some dyslexia, aphasia and ADD elements, got great improvements. He said he noticed that when he typed something, he was able to do so much more quickly and easily. Now typing is not something he does much of so that only got so fast, however, he does like playing piano and that has improved overtime. As with anything, AIT can open a doorway, but then the person must continue to practice and use the skill or ability in order to continue the improvement and development of that skill. For myself, I tried AIT, partly because I don’t like doing things to others that I have not tried myself and also because I had some tinnitus (ringing in the ears) and was taught that AIT can help in some cases of tinnitus. Although I didn’t have the ringing all the time, it seemed that certain sounds could set it off. For the first 2 or 3 months after AIT, I found that I still had that annoying ringing sound in my ears, however, after about 6 months, I realized, that I had not heard it in quite a while, so I am not sure exactly when it went away, but, it did go away. It stayed away for about 2 ½ years until about 2 weeks after I had been testing another music/sound therapy and listened to the sounds thru headphones. Even though it



was only for about ½ hour, I guess it was just enough to start bringing those annoying sounds back. I knew it would be a risk to listen through headphones to music after AIT since Berard warns against this, but I figured it had been so long, and for me, it would not be such a big deal to re-do AIT if I had to. Well, I had to, and I have been careful not to put headphones with music on my ears ever since then. The tinnitus has still not returned as of 10 years! Oh, one other thing, I don’t know if you can tell from this word-y statement, but I also found that my writing skills improved after AIT! Before AIT, although I could write ok, I always used to struggle with it, thinking about what I had to write before I could write, procrastinating until the last minute of a deadline, and just being generally anxious about any writing I had to do. After AIT, I find that if I have to write something, I can just sit down to it and write! What a help that has been, as I do often need to write up reports and so on. There have been so many varied benefits from AIT, I find it quite inspiring and moving to hear stories of our clients young and old. I am glad to have been able to make AIT available. I feel good to know that I have been able to be apart of so many people’s journey. Warm regards, Sarah