



Berard Auditory Integration Training Systems, Inc. - At The Counseling Center

690 Boyd Road, Leicester, NC 28743 828.683.6900 www.aithelps.com info@aithelps.com

SEND US YOUR EMAIL ADDRESS!

ABOUT AIT... 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 Kent, CT and Leicester, NC (near Asheville) and also provide an "In-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

INTERESTING LINKS

www.aithelps.com is our comprehensive website with information and forms for Berard Method AIT.

www.LDOnline.com Learning Disabilities Online is a directory of Parent Advocacy Information Centers.

www.ciccparenting.org Center for the Improvement of Child Caring offers programs, products, services & an online newsletter.

www.ASDpuzzle.com ASD Nutrition Seminars & Consulting helps parents integrate Nutrition Therapy into treatment of Autism.

www.2beautifulgirls.com Autism therapies & special needs children.

www.stayingthepath.com Juice Plus, Nutritional Drink

www.autism.com/dan/danusdis.htm Updated list of DAN Protocol Physicians

www.time.com/time/health/article/0,8599,1721109,00.html Vaccination Settlement

LOCAL TO NORTH CAROLINA

www.WNCparent.com a local magazine which includes events and activities for children and other great info.

www.wncfamiliescan.org is a local group which meets with info. on parent advocacy for behaviorally troubled kids.

www.FIRSTwnc.org is a local group that hosts sessions in the community of different topics of interest. 828-277-1315

WHEN YOU RECEIVE A DIAGNOSIS...

Perhaps you noticed something not quite right was going on with your child, but hoped it would pass. Or the signs were there but you were too absorbed with the tasks and upheavals typical of child rearing to pay attention. Or you were in denial. Then you received a diagnosis from your doctor, the school or a testing service. You went to the Internet to research the condition. You talked with family, friends, doctors and teachers, and got all kinds of advice. Someone even suggested institutionalization. You felt overwhelmed.



WHAT YOU CAN DO: A NINE-STEP ACTION CHECKLIST:

1. Pause. Take a deep breath. Tune into the voice of your own inner wisdom. You know your child. Trust your instincts and your good sense. Be calm and confident that you will be able to evaluate the information and resources available to you and arrive at an appropriate plan. On airplanes you are advised in case of trouble to first put on your own oxygen mask before placing one on your child. In order to help your child, you need to be in charge.
2. Locate and join a parent support group ASAP. Parents may be your best source of information. Often they have educated themselves to the degree that they know more than the professionals about treatment options and strategies.
3. Rule out, or treat any physical or medical condition that may be causing or contributing to the problem. Consult your family doctor or pediatrician. You may choose to work with a biomedical practitioner such as a DAN (Defeat Autism Now) physician, naturopath or homeopath. Often a special diet like the GFCF (gluten-free/casein-free) diet is advised. Other options may be vitamins and supplements, getting rid of yeast through supplements or medication, or cleansing the body of toxic metals like mercury, through chelation.
4. For sensory-based issues, including but not limited to auditory issues, try AIT (Auditory Integration Training). After AIT, find an occupational therapist who deals with SI (Sensory Integration) issues.
5. For language delays, rule out deafness or hearing loss, then try AIT. After AIT you may find your child able to make much better progress with his or her speech therapist.
6. For vision issues, investigate and get an evaluation from a behavioral optometrist.

CONT...

"WHEN YOU RECEIVE A DIAGNOSIS" CONT'D...

7. Set up a behavioral program such as ABA (Applied Behavioral Analysis) Giant Steps or the Options Institute program.
8. Find the best school system and teachers you can, or arrange a home-school program to meet your child's educational needs.
9. You and your child together will embark on a journey of growth and learning. Every day more is learned about conditions that used to be obscure or for which there were few options. Be alert to new developments that may ease your way.

The Counseling Center and Berard AIT Systems, Inc. has an evaluation process to help support and guide you through the array of treatment options. Sarah Gewanter, LCSW, our practitioner has over 25 years of experience. Many of the related links can be found on our website: www.aithelps.com. Call us for more information and assistance: 828-683-6900 or email: info@aithelps.com. We are here to help.

If you have a friend facing this situation who may benefit from having the checklist, we will be happy to send him or her a copy of this newsletter.

Just email: info@aithelps.com or mail us the name and address to:
AIT
690 Boyd Rd.
Leicester, NC 28748.

BEN THE CHEF~

From Ben's Grandmother, his story, during and after AIT (Ben is 6 yrs. old on the autism spectrum)

Ben's behavior has improved, he can listen to much longer periods of speech without pictures [I read him a 94 page book with minimal pictures!--update, I am now able to read him the Magic Tree House books!] he is exhibiting spontaneous writing and sounding out words to spell them, he's more affectionate, has had long conversations with family members, is now not protesting other people eating or singing nearby, and is less sound sensitive...and all in eight days. **ASTONISHING** positive changes from our point of view.

A few days later: Just wanted to give you an update on Ben's AIT therapy. He is like a new kid. Last night he and his father stayed outside "camping" in a tent after having a small fire and roasting marshmallows and hot dogs. His receptive language has increased about 1000%, he let me read him a 90 page book with minimal pictures instead of having to have a picture on each page and three sentences. I took him to the playground two days ago and one of the other mothers commented on how polite he is. His auditory sensitivities have decreased, his language is better, and the very high volume he used to use (very loud because he was trying to "fit in" and heard everybody else that way) is gone. His mood is good. His emotional regulation and ability to handle disappointments is markedly increased. We are all amazed.



Your results, of course, may differ. Benjamin had multiple insults to his auditory processing including the results of a placental abruption at 13 weeks which led to a velamentous umbilical cord and that meant that he couldn't move in the womb without cutting off his circulation. There were multiple ultrasounds and the use of a baby doppler because of the anxiety around the pregnancy and the safety of mother and child. Then he had multiple ear infections after his varicella vaccine and we believe the virus affected his cranial nerves, including the auditory nerve. We didn't suspect that until he came down with shingles on his cervical dermatome at age 4, along with atypical pneumonia, and his speech articulation improved after acyclovir. I think it's priceless. It's like all of a sudden the child has grown up!

RECENT UPDATE: Ben had a repeat audiogram with no difficulty with the uncomfortable loudness level, up to 110 dB, which was the maximum!

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