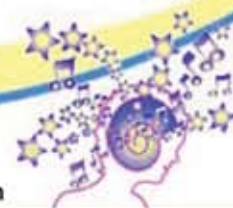


Auditory Integration Training Services Newsletter



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

DIAGNOSES: WHAT'S IN A NAME?...

How can we imagine that diagnostic terms like Autism Spectrum Disorder, ADHD, Depression, Anxiety could begin to express the full range of who an individual is! People have strengths, weaknesses, talents, personalities, biochemistries, dreams, hopes and fears. Who is the person, really?



Diagnoses can be useful in giving a general idea of some of the issues a person has to deal with, to receive services from schools or for insurance billing. But in their need to categorize, institutions and even professionals often short-change the individual, and miss the big picture. Discrimination comes in many forms, including pigeonholing individuals based on labels.

Studies have shown that the expectations we have about people color the way we treat them, and can directly affect their performance and behaviors.¹ A famous case: children whose teachers were told they had bright students significantly outperformed those whose teachers were told they had lower functioning students.²

It is important to see each person as an individual. Even within a specific diagnosis symptoms can differ widely, as should approaches to treatment. An individual may not know he or she sees, hears, smells, tastes or feels differently from others. As Georgiana Stehli, subject of the book, *Sound of a Miracle*,³ she didn't realize how sensitive she was; she "just thought she had a harder time handling things than other people." Annabel Stehli's book told the story of her daughter's recovery from autism after having AIT treatment.

Being overloaded by high sensory input can make a person anxious or easily distracted by sound. When the AIT program helps normalize hearing, the person treated is able to calm down, relax and focus. What happened to the other diagnoses? Magically disappeared? No, the real source of the problem was treated: sensitivity to sound.

Only recently have professionals begun to recognize sensory issues as a problem. Even some of the best graduate schools in the country still do not teach professionals to evaluate the senses as part of diagnosis and treatment planning.

We must take off the blinders that categorization can create. We need to view each person as an individual and not automatically make assumptions. Each tree has its own beauty, each flower its own scent. We need to take the time to perceive the differences.

1. Journal of Educational Psychology, 1983, J E Brophy, vol. 75, no5, pp. 631-661

2. The influence of teacher expectations on student achievement in physical education classes. DO Trouilloud, PG Sarrazin, TJ Martinek, E Guillet - European Journal of Social Psychology, 2002 - interscience.wiley.com

3. *Sound of a Miracle, A Child's Triumph Over Autism*, by Annabel Stehli

KID'S CORNER...

Homemade Bubble Blowing:

- Use baby shampoo diluted with a little water for bubble solution.
- Put in plastic container.
- Make bubble makers from pipe cleaners or old eyeglasses without the glass.
- Have available for next bathtub time.
- Dip and blow!!!

If you have a friend who you think may benefit from this information 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.

LETTER FROM PARENT

I just wanted to say how pleased I am with the progress Kenya has made as a result of AIT. As the parent of a child once diagnosed as having a severe Auditory Processing Disorder I was devastated when I was told that there was virtually nothing that could be done to help her. At one point she was even diagnosed as being "mentally retarded". I had almost resigned myself to believing that she would never be capable of doing things "normal kids" do. Not one to give up hope, I started researching and reading everything I could get my hands on regarding possible therapies that might help her. After some thorough research I came across your website and it clicked! Through my observations of my daughter, I could see that she was capable of learning, and capable of understanding. It seemed that I would have to repeat things to her or speak in a louder tone for her to get the "gist" of what I was saying. We did the first hearing test and found that, indeed, although her hearing was "normal", she was hearing at different frequencies in each ear! It made perfect sense to me. We started AIT when Kenya was in the fourth grade. That was the first and only year she passed her SOL's (Standards of Learning) in all of her classes. From that point on until the end of elementary school, Kenya continued to make gains and graduated as a member of the honor roll. The mistake that I made was not continuing the therapy from that point on, especially through Middle School. She struggled academically and socially while I tried other "therapies" that did little to remediate her condition. Finally, last year, while she was in eighth grade, I realized that she had made the most gains when she did the AIT, so we did it again in March of 2008. All I can say is wow! She is now 15 and in her first year of high school. She is making friends, communicates very well, and is a very independent young woman. In August 2008, she took her first trip on her own; she traveled to New York City to visit with her uncle-on-the-bus. Imagine my surprise a few days later when I called his job to check on her and he said "she's sitting right here in front of me." I said, "Oh, you took her to work with you?" He said "No, I told her to catch the train and meet me here!" I was shocked. My brother lives in Manhattan and works in Brooklyn which means walking several blocks to the train station, catching one train, transferring to another and walking several blocks of crowded and noisy N.Y. streets. Five years ago I never would've imagined that Kenya would be able to navigate the NYC transit system on her own! Needless to say that was a tremendous boost to her self-confidence. The once shy girl, who hardly ever spoke and who had very low self-esteem is blossoming into a confident young woman who believes she can achieve anything anybody else can. It's a great feeling. Thank you. We plan on repeating AIT every 6-9 months from now until we no longer see any more gains. I recommend this therapy to any parent whose child might benefit from it. It works.

Sincerely,
T. Saunders

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