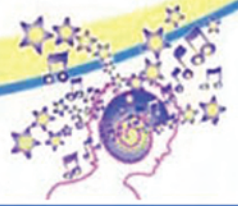




# Auditory Integration Training Services Newsletter



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

690 Boyd Road, Leicester, NC 28748 828.683.6900 www.aithelps.com info@aithelps.com

### 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](http://www.aithelps.com) 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.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.

[www.2beautifulgirls.com](http://www.2beautifulgirls.com) Information on Autism therapies & special needs children.

[www.staying the path.com](http://www.staying the path.com) Juice Plus, Nutritional Drink

[www.autism.com/dan/danusdis.htm](http://www.autism.com/dan/danusdis.htm) Updated list of DAN Protocol Physicians Vaccination Settlement

### LOCAL TO NORTH CAROLINA

[www.WNCParent.com](http://www.WNCParent.com) a 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.

Phone: 828-277-1315

### HOW TO CHOOSE THE BEST PROVIDER..

There are so many doctors and other providers out there. How do I know who is best for my child or me? When it comes to choosing a provider for something as important and personal as medical treatments, psychotherapy, Auditory Integration Training or other therapeutic and educational service for you or your child, it is helpful to have an idea of what to look for and what questions to ask.

#### How to choose the best Provider for you.

##### Training and Education

Choosing a provider with training from an accredited School, training or certification program gives the security that they have met at least a certain minimum standard of education and training in your field of interest.

##### Speciality & General Experience

It is important for a provider to have wide experience, be well rounded in their practice, in addition to being knowledgeable in their specialty. This provides them with the tools to recognize symptoms and factors which may lie outside their usual realm of specialty and allow for referral to other providers, when appropriate



##### A Systems Approach

A Systems approach is a more holistic way of looking at the person not only as an individual with individual strengths, weaknesses or neurotic issues, but also understanding that each person is a part of different systems such as family, work, school, community, etc. This gives the provider both "telephoto" and "wide angle" lenses through which they may see many different avenues of treatment.

##### Years of Experience

The width and depth of knowledge and skill acquired through many years of experience in the field is unparalleled by a provider fresh out of school. There is both an art and a science to implementing AIT and other therapies of all kinds. Understanding how to individualize the program to suit a person's needs means not only doing a good "textbook" evaluation of the issues, but also being experienced in the clinical issues that may occur through the course of treatment and being able to offer guidance and suggestions as the person goes through the program. Sometimes, there can be reactions with which a client or parent is not sure how to cope. The practitioner can draw on experience to evaluate which are appropriate reactions and provide suitable, supportive interventions when needed.

##### Understanding Individual and Family Dynamics

Sometimes after AIT there will be a change in interpersonal dynamics. When a child is finally able to count on more accurate and clear sensory information, they may become more independent and assertive of needs and wants. This may be disturbing and take some understanding and adjustments for parents and family members who are accustomed to being relied upon and are now needing to relate in different ways. Years of provider experience can help to anticipate, assess and ease this process.

##### Understanding Appropriateness of Differing Modalities of Treatment

Interventions and supervision begin with treatment and continue for long afterward. A good practitioner will be able and available to assist and guide parents in choosing and prioritizing follow-up treatments; for example, knowing when other specific therapies might be helpful and how to best coordinate them. Many treatment modalities are available today. A good practitioner will help you navigate them, not just end their involvement once treatment has finished.

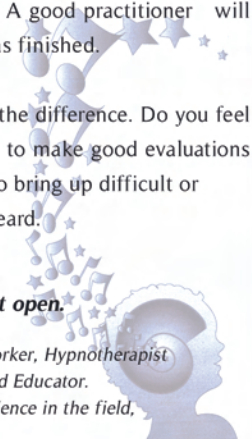
##### Personality

Being able to relate and get along well with your provider can make all the difference. Do you feel heard and cared for? Do you feel that they are taking the time needed to make good evaluations and treatment recommendations? Do you feel comfortable to be able to bring up difficult or delicate issues? A good provider will make you feel comfortable and heard.

*Treatment opens the doorway.*

*Good follow-up, education and parenting help keep it open.*

*Sarah Gewanter, MSW, LCSW is a highly skilled Licensed Clinical Social Worker, Hypnotherapist and Certified Berard Auditory Integration Training Practitioner and Educator. She attended Columbia University in NY and has over thirty years experience in the field, having helped thousands of clients worldwide.*



## Letter From A Parent...

Our son was diagnosed with mild to moderate autism in the summer of 2008 at the age of 2 ½. He would rarely look at us and had stopped speaking. Over the course of the next year and a half we tried all kinds of things such as: removing all dairy, gluten, soy, and rice from his diet (he also has a disease called eosinophilic esophagitis or "EE" and this also made this radical diet necessary), vitamin and mineral supplements, B12 shots, and 40 treatments in a hyperbaric chamber (which did seem to help his EE). We also enrolled him in special education classes and began speech therapy sessions at



home. What changes we saw in him came about very slowly. We were terrified that at this rate he may never speak or interact with us in a meaningful way. At home, conversations between two people were enough to send him into his closet to hide. In the classroom,

he was unable to pay attention at all and regressed quite a bit until the teachers moved him to a quiet classroom and would often take him out for one on one session as this was the only way he was able to concentrate. I knew noises were an issue but did not have any idea what we could do about it. Sound is a part of our world.

I don't remember where we got the information regarding Berard AIT. I think my husband came across it on the Internet. We were skeptical but began our first session over Christmas break 2009 into the New Year. We didn't see how this was going to help but we gave it a shot. We did not tell his teachers we had done the AIT and when he went back to school after the break the reports were astonishing. They would come to the car everyday when we picked him up and tell us about all the progress he was making. He was talking! He was pointing and labeling things in an entirely new way. He needed very little, if any, prompting and seemed to enjoy this new verbal world. The difference between before and after the treatments seemed to be the miracle we were looking for.

Now, my husband reminded me that we don't live in a vacuum and that we couldn't be entirely sure that the AIT therapy was the reason for all the dramatic changes we were seeing in our son, but it sure seemed like it.

We decided to go through a booster treatment of 4 sessions a few months later. Two weeks after the booster treatments I began toilet training my son again. I had been working on this with him off and on for a year. He was finally able to understand the concept and I am happy to report he is completely toilet trained!

We are about to begin another 20 sessions during this summer vacation. I am looking forward to this as the last 2 times we completed a series we have seen a jump in his progress. Although my son cannot yet express what he is experiencing during these sessions, the results, in my opinion, speak for themselves.

We are still working with him each and every day to keep him engaged and encouraging him to speak and participate in the world around him. Our son is still autistic and is not yet conversational but he has changed so much in the last 6 months that we are simply amazed. AIT has taken our family out of darkness and given us much needed hope. Thank you!

Heather F. -June 30, 2010

## Recipes...

### GRANOLA COOKIES:



### Ingredients:

1 1/2 cups rice flour  
1 cup brown or natural cane sugar  
1/2 cup soy flour  
1 egg  
1 tsp baking soda  
1 tsp vanilla  
1 tsp baking powder  
3 tblsp plain yogurt  
1/2 cup (1 stick) butter, soft

2 1/2 cups granola (see recipe below or use your favorite), chopped or ground in food processor.

Preheat oven to 375°. Blend together the flours, baking soda and baking powder. Set aside. In a large mixing bowl, cream the butter and sugar together. Add egg, vanilla and yogurt; blend. Add flour mixture and beat until smooth.

Stir in the granola. Drop by rounded teaspoonfuls onto greased cookie sheets and bake for 10-12 minutes or until lightly brown. Makes about four dozen cookies.

### LIGHT GRANOLA

This no-sugar version of granola is plenty sweet! It provides protein, fiber and fruit servings and travels very well. It may also be used to make other recipes.

### INGREDIENTS:

3 cups Gluten Free ("GF") puffed rice	1/4 cup honey
3 cups GF cornflakes, crushed	1/4 cup vegetable oil
1 cup of your favorite GF cereal (optional)	1 cup raisins or dried currant
1 cup roasted soy nuts, peanuts, coconut, pine nuts or almonds	1 cup of either dried peach, apricot, dates, bananas, cherries, apples or pineapple
1 cup sunflower or pumpkin seeds	
1/2 tsp salt (if seeds/nuts are unsalted)	

Preheat oven to 225°. Lightly coat a large roasting pan with oil or GF veggie spray. Add cereals, nuts, seeds and salt (if desired).

Mix together & set aside.

In a small saucepan, combine the honey and oil. Heat to almost boiling, stirring constantly as this mixture has a tendency to foam over immediately once it comes to a boil. Remove from heat and drizzle over the cereal mixture in the roasting pan. Stir well to coat.

## Kids Corner...

### Eggshell Plant Pots



### SUPPLIES:

Eggshells  
Potting Soil  
Non-Toxic Paint or Markers  
A small square of cardboard or  
A small piece of pipe cleaner  
Seeds

Clean eggshells and dry them gently. To give the tiny plant pot a solid base, glue a small square of cardboard to the bottom of the eggshell (or use a small piece of pipe cleaner twisted into a circle). If using white glue, let it set for a few hours; hot glue will set in a few minutes.

Using paint or markers, decorate the eggshells. Let dry.

Put potting soil in the eggshells (fill a little over half way). Add two seeds (in case one doesn't germinate). Cover the seeds with a little bit of soil, and sprinkle lightly with water. The seeds will sprout in just a few days.

When the seeds sprout, put the tiny plant pot in a sunny spot and enjoy!



## The Counseling Center

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