

Sound Therapy for Children & Adults with Autistic Spectrum Disorder in Practice

Adults and children on the spectrum are very often highly sensitive, anxious and easily overwhelmed. Sound can be a very effective way to balance and calm their nervous systems. Once they are relaxed, it then puts them into a better state to respond to other forms of therapy. It also helps improve sleep and digestion, reduces hyperactive behaviour and “stimming”. It is the perfect complementary therapy and is not difficult to learn and incorporate into daily routines, classrooms and therapy sessions. In this half day workshop you will learn how to use sound therapy tools to:

- Calm & relax anxious and hyperactive behaviour
- Stimulate acupressure points & foot reflexes with tuning forks
- Use recorded music as therapy
- Use pentatonic scale instruments therapeutically

Suitable for therapists, teachers & parents. Certificate of attendance & notes provided.

Elizabeth Huxtable is an educator, researcher and sound therapist who specializes in working with children with special needs. Educated in Australia and USA, she brings her knowledge and skills to SE Asia to improve the learning and behavioural outcomes of those with special needs.