

“Programs like Autism Movement Therapy offer opportunities for our kids to develop the necessary and fundamental skills that benefit all of our kids...”

Temple Grandin, PhD

Our staff:

Certified Herkimer ARC instructors will provide training and tools to certify you and/or attendees to provide classes. Instructors include Lisa Gifford, who has over 30 years experience in the area of developmental disabilities. She has received training in TEACCH at the University of North Carolina, is certified in Autism Movement Therapy, and is an authorized Coach of Carol Gray's Social Stories. Kaylan Comes is a Direct Support Professional who has over 8 years of experience working with individuals with development disabilities. Kaylan is a certified instructor and teaches Day & Community Support Autism Movement Therapy classes for adults with varied disabilities and Saturday classes for teens and children.



Kaylan Comes
AMT Instructor

For more information, contact:

Lisa Gifford, Assistant Director, Clinical Services
Herkimer ARC

350 S. Washington Street, Herkimer, NY 13350
(315) 574-7826 or e-mail: lgifford@herkimerarc.org

www.herkimerarc.org

Herkimer ARC's mission is to enable individuals with disabilities and others in the community to achieve full potential and enriched lives.

For more AMT information:

www.autismmovementtherapy.com

Monday, March 10 & Tuesday, March 11, 2014

The certification workshop will be held at:

**HARC Business Park
420 East German Street,
Herkimer, NY**

Each day:

Bring Your Lunch/Lunch on Your Own

Check-in: 8:30 a.m. Classes: 9 a.m. to 4 p.m.

Cost: \$250 per person/certification*

*Make checks payable to Herkimer ARC and
mail to: P.O. Box 271, Herkimer, NY.

Each participant will receive an
Autism Movement Therapy® Handbook,
AMT certification, along with an
Aut-erobics® DVD and CD.

**Payment Due and RSVP by
Monday, February 24, 2014**

**Contact: Janet La Rock at (315) 574-7780 or
jlarock@herkimerarc.org.**

Special accommodation rates available:

**Herkimer Motel - (315) 866-0490
100 Marginal Road, Herkimer, NY**

**Standard Room: Mar. 10th and/or 11th
(2 double beds) = \$88.20 per night**

***For the discount, you must
mention the Herkimer ARC**

Herkimer ARC's

Autism Movement Therapy



Autism Movement Therapy® Two Day Certification Workshop

Monday, March 10 & Tuesday, March 11, 2014



AMT is fun—
a music and dance therapy
that appeals to all ages!
Designed for parents,
teachers, paraprofessionals,
caregivers, dancers, and
professionals to develop
skills to provide certified
Autism Movement
Therapy® classes
for adults, teens
and children.



Empowering People...Enriching Lives.

Autism Movement Therapy®: Herkimer ARC's Two Day Certification Workshop

The Herkimer ARC is licensed to provide Certification Workshops in Autism Movement Therapy® (AMT). Certified Herkimer ARC staff will visit your site to provide professional instruction and tools to certify your staff and/or attendees of your choice to provide classes in AMT. Each participant receives certification and an Autism Movement Therapy® Handbook, along with an aut-erobics® DVD and CD.

AMT is fun—a music and dance therapy that appeals to all ages! While this therapy was designed with Autism in mind, it's used for individuals with Down syndrome, Attention Deficit Disorder, and intellectual disabilities.

Whether it's following simple movement sequences or moving to their own beat, individuals will energize mind and body all while having fun dancing!

AMT is a movement and music integration strategy combining patterning, visual movement calculation, auditory processing, rhythm and sequencing—all for a “whole brain” cognitive thinking approach that can significantly improve behavioral, emotional, academic, social, speech, and language skills. The program was created by Joanne Lara, MA, a professor at National University, who teaches classes in Van Nuys, CA, where she has her private academic and behavior consultation practice. For more information visit: autismmovementtherapy.com



See back panel for specific workshop details & pricing

Day 1

Please be dressed to move & dance.

Autism Movement Therapy® Part 1: “Whole Brain” Cognitive Re-Mapping

Learning Outcomes:

1. Participants will learn the parts of the brain/ their functions specifically pertinent to individuals with Autism Spectrum Disorders (ASD).
2. Participants will learn how music and independent movement can help strengthen the bridge between the right and left hemispheres in the brain.
3. Participants will be introduced to the program design and intent of AMT.

Autism Movement Therapy® Part 2: Creating Your Own Autism Movement Therapy Program

Brief Description: This session will teach participants the tools and techniques to best prepare them to create their own Autism Movement Therapy program. Each skill will be explained and practiced, from circle games to story dances; from motor movement to sequencing and patterns. Participants will experience a full session of AMT.

Learning Outcomes:

1. Participants will learn how to combine strategies and elements in order to create their own Autism Movement Therapy® session as well as gain knowledge and the tools needed to stage a multi person performance based production at their own facility, school, or recreation center.
2. Participants will learn the different elements and movement of dance.
3. Participants will learn how both above stated skills benefit individuals with ASD.

Day 2

Please be dressed to move & dance.

Autism Movement Therapy® Part 3: Positive Behavior Support (PBS)

Brief Description: People display behavior every second of the day by breathing, walking, running... dancing. The goal is to redirect socially unacceptable behavior and teach replacement skills so that the participant will be successful. Positive Behavior Support emphasizes respecting, valuing, dignifying, understanding, and listening to individuals that may display “behavior concerns.”

Learning Outcomes:

1. Participants will learn the 4 different functions of behavior for all individuals (escape/avoidance, attention, tangible and sensory).
2. Participants will learn Behavioral Support strategies in order to provide appropriate learning environments that are supportive and creative for the individual at the same time.



Herkimer ARC's

**A u t i s m
M o v e m e n t
T h e r a p y**



Autism Movement Therapy® Certification Workshop

Monday, March 10 & Tuesday, March 11, 2014

Workshop Registration Form:

Please type or print neatly. List each attendee. Photocopy as needed.

Registration & Payment Deadline - Monday, February 24, 2014

Print & mail to: Janet La Rock, Herkimer ARC, PO Box 271, Herkimer, NY 13350

Name: _____ I am Family Member ARC Staff Teacher/Professional

Name: _____ I am Family Member ARC Staff Teacher/Professional

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Name: _____ I am Family Member ARC Staff Teacher/Professional

Name: _____ I am Family Member ARC Staff Teacher/Professional

REGISTRATION FEE (bring your own lunch): \$250 per person

Individual/Organization (if applicable): _____

Mailing Address: _____

City: _____ State: _____ Zip: _____ Daytime

Phone: _____

Mobile: _____ Email Address: _____

Total Number attendees @\$250 per person _____ = \$ _____

PAYMENT INFORMATION: Check # _____

(Payable to Herkimer ARC. No cash by mail please. Mail to: P.O. Box 271, Herkimer, NY 13350)