



# Autism Movement Therapy (R) Method: Waking up the Brain!

*Joanne Lara*

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A practical guide to the innovative Autism Movement Therapy ® (AMT) approach - structured movement and music classes designed to stimulate the brain, aid sensory processing and decrease problem behaviours in children with autism spectrum disorders.

Reflecting a growing interest in the body-brain connection, and incorporating the principles of Applied Behavior Analysis, the AMT approach uses music and movement to develop audio, visual, gross motor and spatial awareness skills in children with autism. The book breaks down the components of the typical 45 minute session, from circle games to story dances, and explains how the reader can create their own AMT program.

This exciting new approach will complement other therapeutic techniques for children on the autism spectrum and can be used by a wide range of professionals, such as teachers, arts therapists and dance instructors, as well as parents and carers.

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