



Autism Movement Therapy



FOR AGES 5-18 YEARS
.....
ALL ABILITIES WELCOME



AMT Classes
(Autism Movement Therapy)

LEVEL 1 & LEVEL 2
.....
SATURDAY MORNINGS
KESGRAVE

AMT is an exciting, innovative approach, combining movement, music and improvisation in a highly structured program, in order to enrich the lives of individuals on the Autism Spectrum.

Supported by academic research, the AMT method is proving to be one of the most effective ways to activate and awaken areas of the brain, which may otherwise remain dormant in these individuals.

GET IN TOUCH TODAY TO JOIN A TASTER SESSION!

AMT works by involving both **visual** movement mirroring and **auditory** receptive processing, alongside repetition of progressive **patterns** and increasingly complex **sequences**, to stimulate both the **left and right** hemispheres of the brain simultaneously.

Whereas in Autism, communication between the two hemispheres is impaired, this in turn promotes **interhemispheric integration** - cognitive re-mapping, made possible by the existence of **neuroplasticity** - through which both established and new **neuronal pathways** across the corpus callosum are **strengthened**.

Ultimately, **connectivity** and **transmission** across the whole brain is **optimised**, enabling individuals on the Autism Spectrum to **process information** in a far more **efficient** manner.

AMT has repeatedly been shown to lead to vast **improvements** in **social interaction**, **self-esteem**, **behavioural responses**, **emotional regulation**, **speech & language comprehension**, **sensorimotor skills**, **focus**, **memory** and consequentially, in addition, **academic achievement**.

Rather than "fixing" autism, AMT aims to **empower** individuals, **enabling** them to become more **independent** and better able to **cope** in an unpredictable, neurotypical world, therefore allowing them to lead **happier**, more **fulfilling** lives.



Joanna Haste

MA (Cantab), AARD



('Miss Jo')

Fully registered Dance Teacher

Qualified Autism Movement Therapist

Over 20 years' combined experience in Dance and Inclusive teaching.



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English



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