



PARENTS ENDING AMERICA'S CHILDHOOD EPIDEMIC

Phone: 203-210-7885 Fax: 203-286-2153

E-Mail: info@epidemicanswers.org Web: www.epidemicanswers.org

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Parent Outreach Project: Therapies Available for the Evaluation and Treatment of Autism

Therapy is one critical piece of healing a child with autism. Below is a list of therapies that may be helpful to a child with autism.

Therapies:

State subsidized therapy:

1. Birth To Three- must qualify to receive services
2. Special Education through your local public school system (a child age 3 years old and up)- must qualify to receive services

Private therapy:

1. Pay yourself and submit to your insurance for reimbursement on your own
2. Some therapy programs handle insurance for you directly so you are not “out of pocket” any money upfront

Therapy options:

Physical therapy:

- PT- gross motor skill building and strengthening, balance related issues
- Hippotherapy- therapeutic horseback riding
- Aqua therapy- strengthening exercises in a pool (therapist can be a PT or OT)

Occupational therapy: fine motor skill building, sensory related issues as well as help vestibular balance issues

- Sensory Integration Therapy- recommended reading, The Out-Of-Sync Child, by: Carol Stock Kranowitz

Oral motor therapy: mouth muscle strengthening for low tone kids with feeding, drooling and articulation issues

<http://www.talktools.net/s.nl/sc.23/.f>

Speech and Language therapy:

- Oral motor therapy
- PROMPT- a systematic manipulation of tactile-kinesthetic-proprioceptive input to oro-motor structure for restructuring oral muscular phonetic targets. It can be especially helpful for children with motor planning speech related issues.
<http://www.promptinstitute.com/>
- Verbal Behavior (VB) speech therapy, the compliment to ABA
http://www.autismspeaks.org/treatment/verbal_therapy.php
- PEC- Picture Exchange Cards- development of functional communication skills through picture exchange for non-verbal kids
<http://www.pecsusa.com/>
<http://www.pecsforall.com/>
- Cycles Approach- is also sometimes called *auditory bombardment* and is helpful for helping a child learn phonemes and improve phonological issues.
- *Earobics*- a computer based auditory intervention for a delay in language development. Designed for kids with difficulty discriminating speech sounds.
<http://earobics.com/>
- Fast ForWard- a program for older school age children struggling with reading comprehension, vocabulary, memory, etc.
<http://www.scilearn.com/products/>
<http://www.gemmllearning.com/index.php>

Behavioral therapy:

- One on one Applied Behavioral Analysis (ABA)
<http://www.autismspeaks.org/treatment/aba.php>
- Floortime-
<http://www.autismspeaks.org/treatment/floortime.php>
- RDI- Relationship Development Intervention
<http://www.autismspeaks.org/treatment/rdi.php>
- Pivotal Response Therapy (PRT)-
<http://www.autismspeaks.org/treatment/prt.php>
- Sun Rise Program
<http://autismtreatmentcenter.org/>

- Training and Education of Autistic and Related Communication Handicapped Children (TEACCH)
<http://www.autismspeaks.org/treatment/teacch.php>
- Social Communication/Emotional regulation/Transactional Support regulation (SCERTS)
<http://www.autismspeaks.org/treatment/scerts.php>
- Social skills group classes
- Behavioral therapy

Auditory Integration Therapy (AIT):

- It is sometimes called *sound therapy* and is used to treat children with difficulties in auditory processing or sound sensitivity. Helps to integrate auditory and vestibular systems to help children with auditory processing deficits.
<http://www.aitinstitute.org/>

Vision Therapy:

<http://www.nationalautismassociation.org/visiontherapy.php>

Art Therapy:

- The therapeutic use of art to foster self-expression and enhance coping skills as well as strengthen a sense of self. May be especially helpful with children that are non-verbal.

Music Therapy:

- Using music as a tool to encourage development of social/emotional, cognitive/learning and perceptual-motor areas. May be especially helpful with children that are non-verbal.

*This is not intended to be a recommendation or endorsement of any specific treatment option. Its sole purpose is to introduce you to the possible treatment options available for autism.