



FORM FITNESS & FUNCTION

117 Furman Avenue, Asheville, NC 28801 • FormFitnessFunction.com • FormFitnessFunction@gmail.com • 828-225-3786

Alexander Technique for Autism Spectrum and SPD

The **Alexander technique** is a sensory integration method that provides a means of regulating the nervous system and enhancing and making possible healthier, more conscious choices in daily actions. It is an effective educational method for individuals on the Autism Spectrum, such as Autism, Asperger Syndrome, and PDD-NOS and for Sensory Processing Disorder. Alexander is ideally suited to helping people form sensory integration and better body awareness through the relationship of movement and cognition and comprises a system of physical and vocal training that is especially beneficial for people on the Spectrum.

Individuals with ASD or SPD have reactions to stimuli that can often be overwhelming and painful. Alexander training improves their spatial orientation through enhancing self-organization for better balance, coordination and proprioception. They are then helped to transition this strategy for better self-organization into their daily lives.

Alexander training is done one to one. It is gentle, non-manipulative and adjusted to respond to the abilities of the individual. It is meant to deliver long-term benefits.

Autism Speaks, the world's leading autism science and advocacy organization, refers Alexander technique lessons for individuals with ASD.

Website

Autism treatment through Alexander technique based training
<http://alexandertechniqueguide.com/autism-treatment/>

Podcast:

<http://www.bodylearningblog.com/autism-the-alexander-technique-and-me/>

Books

"Autism and Alexander Technique: Using the Alexander Technique to Help People on the Autism Spectrum" by Caitlin Friedman (2014)

"Understanding Controversial Therapies for Children With Autism, Attention Deficit Disorder, and Other Learning Disabilities: A Guide to Complementary and Alternative Medicine" by Lisa A. Kurtz (2008)

Article

"Autism, ADHD, and Alexander: A Movement Class for Special Needs Children" by Robin Gilmore <http://www.ati-net.com/exchange/v11n1.pdf> (pages 16-17)

Linda Rosenberg, OT who recommends Alexander for ASD
<http://www.bodypoise.com/about-linda/>

Monika Gross has been a certified instructor of the [Alexander Technique](#) since 1985 and is a Teaching Member of Alexander Technique International ([ATI](#)). She completed her three-year training in New York City with Lydia Yohay ([ACAT](#)) and has had master classes with such renowned teachers as Marjorie Barlow, Patrick MacDonald, Marjorie Barstow and Walter Carrington. Originally from Chapel Hill NC, Monika taught AT privately in New York for 25 years until her relocation to Asheville in September 2010. She is a member of the International Somatic Movement Education and Therapy Association ([ISMETA](#)), as a Registered Somatic Movement Educator (RSME) and Registered Somatic Movement Therapist (RSMT). She is an active founding member of [ATMR, Alexander Teachers of the Mountain Region](#), where she works to promote a broader awareness of the Alexander Technique and its benefits to children and their parents and teachers, and to blue collar and low-income workers in the Blue Ridge Mountain region and beyond. She will be presenting a workshop in August 2015 at the 10th Alexander Technique International Congress in Limerick Ireland on current advances in neuroscience and in expanding Alexander technique training into new fields, such as early childhood education and primary schools, Parkinson's Disease, ASD and SPD, and in helping with post-operative pain and rigidity in cardiac children.

Health Practitioner Personal References

Monica Sety

Occupational Therapist, Charles George VA Medical Center, Asheville NC
MonicaSety@gmail.com 828-551-5024

Allison Connelly

Physical Therapist, Vidant Rehabilitation Center, Greenville NC
atc1018@aol.com 347-552-0731

Dr. René Herlong

Pediatric Cardiologist, Sanger Heart and Vascular Institute, Charlotte NC
Rene.Herlong@carolinashhealthcare.org 919-270-8525

Dr. Philip Wagner

Chronic Pain Management Specialist and Anesthesiologist, Hospital for Special Surgery and Weill Cornell Medical College, NY NY
wagnerp@hss.edu