



# Davis<sup>®</sup> Stepping Stones Workshop

Beginning Steps to the Davis Autism Approach

## DAVIS® STEPPING STONES WORKSHOP

Your child's autism diagnosis can bring a mixture of emotions – for some, it may be shock, grief and uncertainty about what this means for the future. For others it will be relief at finally being able to understand who they are, what they need, and a feeling of empowerment to be able to ask for the right support.

For everyone, though, it is another step in the journey of understanding their neurodiversity, celebrating their unique gifts, and finding ways to unlock the potential within.

We get that, and we want to help you to help your child unlock their gifts of autism.

We are delighted to offer the Davis Stepping Stones program, which has been developed with a unique approach that is gentle, respectful, and that really makes a difference. The program is grounded in our philosophy of embracing and celebrating neurodiversity, respecting every individual, nurturing growth, and building on each person's strengths to overcome challenges.

We have over 80 licensed Davis Autism Facilitators worldwide, in 17 different countries, in 11 different languages, who have helped thousands of autistic individuals and their families to participate more fully in life, their way.

We know that you will have been searching for the right support for your child. The Davis Stepping Stones program may be just what you are looking for. It is a revolutionary program created by an autistic individual for autistic individuals. As one parent stated, "This program really understands my son and gets to the heart of who he is."



You can help a young child unlock their knowledge and capabilities with our specialized two-day Davis Stepping Stones Workshop. This course has been tailored specifically for family members, educators and therapists wanting to assist a child (or children) under the age of eight.

Our talented presenters provide a supportive learning environment that empowers you with the Stepping Stones tools and techniques to create inspiring change in a child's future.

The Davis Stepping Stones Workshop is rooted in our philosophy of embracing and celebrating neurodiversity, respecting every individual, nurturing growth, and building on strengths to overcome challenges.



**“What inspired me to help others with autism is that I am myself autistic. I know what it feels like and I know the limitations that exist as a result of it. I realised that, given I had found my own way through this chaos (of autism), I could provide a ‘map’ for others of my kind to follow – then there would be value in my existence. The Davis Autism Approach is my best effort at providing that map.”**

**Ron Davis  
Founder, Davis Autism Approach**

By the end of the workshop, you will have all you need to support a young child or non speaking individual effectively. You will be able to work with them to increase their self-awareness; improve self-regulation; deal more positively with change; cope with meltdowns; and better understand the world around them – all without losing their beautiful uniqueness.

## Who can attend a Davis Stepping Stones Workshop?

- Any family member, educator or therapist working with autistic individuals under the age of eight.
- Any family member, educator, or therapist working with autistic individuals with low (or no) verbal or receptive language.

## What kind of results do people see with the Davis Stepping Stones program?

Autistic individuals who complete the Stepping Stones Program experience many positive changes. Below are examples of some of the most significant improvements that have been reported back to the Foundation:

- better self-awareness (for e.g. expressing pain appropriately when injured)
- better self-regulation (can calm themselves down)
- fewer meltdowns
- less resistance to change
- willingness to try new things
- increased ability to refer to self as 'I' or 'me'
- increase in imaginative play
- growth in language
- increased understanding of cause and effect, and
- can follow instructions using the concepts of before and after.

"There has been phenomenal progress with my son thanks to Davis Stepping Stones."

Pfanani, father

## WHAT IS COVERED IN A DAVIS STEPPING STONES WORKSHOP?

This comprehensive two-day workshop equips you with the knowledge and tools to confidently take someone through the Davis Stepping Stones Program in order to help them to participate more fully in a life in the ways they choose.

### Step 1: Tools for you

You will learn two mental strategies to help you remain calm and relaxed while working with the participant\*. These tools are called 'Release' and 'Dial'.

#### Release

Release allows you to ease any stress, tension or anxiety you may be feeling. Autistic individuals are often highly sensitive to their environment and the emotions of the people around them. When working with autistic individuals, if we are feeling anxious we can inadvertently add to their own sense of anxiety. Maintaining a calm state provides a calm environment for the participant and enhances their receptiveness to learning.

#### Dial

Dial helps you to determine and self-regulate personal energy levels. This promotes positive interactions with others, particularly the individual receiving the program.

Both Release and Dial enable co-regulation– the process whereby you can use your own sense of calmness to help the participant manage their emotions, in turn fostering self-regulation skills.



*“As you co-regulate with someone, the mirror neurons in their brain are activated, and this enables the person in the deregulated state to literally ‘mirror’ your calmness.”*

—Caroline Leaf, PhD

\*'Participant' is the term being used to describe the autistic individual being taken through the program.



me



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## Step 2: Awareness of Self

The participant needs to be gently guided through a process that helps them become more present in the world. They develop accurate perceptions and gain an awareness of Self.

You will learn how to share the following tools with the autistic individual:

### Auditory Orientation:

The participant listens to a specifically engineered sound through headphones leading up to and, if necessary, during program sessions. This auditory stimulus – affectionately referred to as the ‘Davis ting’ was designed by Ron Davis to help each individual to develop accurate, stable perceptions and an awareness of being separate from others.

### Release:

A self-regulation tool to help the participant manage stress and anxiety levels.

Creating models of Self, another and others in plastilina clay.

Exploring the idea of Self, another and others in the real world.



others



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### Step 3: Davis Stepping Stones life concepts

Once the participant has developed more accurate perception and is more present in the world, we can help them to learn fundamental life concepts that they may not have picked up previously.

The focus of The Stepping Stones life concepts is to facilitate solid understanding of some fundamental concepts, as they relate to oneself and to others:

Within the workshop, you will be taught how to facilitate the learning of these life concepts.

The workshop will cover how to teach and actively create the fundamental life concepts of change, consequence, cause and effect, before and after, using the engaging hands-on method of modelling with plastilina clay.



Change



Change: Empty bowl became a full bowl

## Step 4: Integration of life concepts

The most effective way to consolidate learning is for the participant to have many meaningful, fun experiences of these life concepts.

In the workshop, you will be taught how to create meaningful, positive learning experiences in the home, school or external environment to actively explore these life concepts. This enables the child to integrate their experiences into their personal identity, as a framework for understanding the world, and creates a solid foundation for stimulating positive and lasting change.

*“A really great program that makes sense from the start. The kind of idea that makes you wonder why you hadn’t thought of it before, but leaves you really excited at the prospect of trying it out.”*

Stepping Stones Workshop Participant, UK





## WHAT ARE THE OPTIONS FOR ATTENDING A DAVIS STEPPING STONES WORKSHOP?

We have experienced, skilful presenters who regularly deliver the Davis Stepping Stones Workshop in many countries. You can choose from two different workshop options depending on what best suits your needs.

### Option #1 – In-person 2-day workshop

Attend a workshop at a physical venue.



### Option #2 – Online 2-day Workshop

Attend a workshop online, from the comfort of your home or office.



“This workshop was inspiring, informative, and some of the best professional development we have experienced around the areas of autism and Asperger’s. As adult learners, we felt valued and inspired to move forward with your program.”

Teacher, NZ

"The Davis program opens a new door on life, but does not shut the door on the past nor detract from the spirit of the individual."

Abigail Marshall, from 'Autism and the Seeds of Change'



## CONTACT US

To find out more about the Davis Stepping Stones Workshop  
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### JOIN OUR NEXT FREE WEBINAR

Come to our next free webinar where you can learn more about what makes the Davis Autism Approach program so unique and have the opportunity to have all of your questions answered. Presented by experienced Davis Autism facilitators, we would love to have you join us!



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