



Davis Concepts for Life®

Empowering individuals with neurodiversity
to create meaningful change in their lives

DAVIS CONCEPTS FOR LIFE® PROGRAM

Many of us experience difficulty with executive functioning, elevated stress and anxiety, difficulty with focusing on tasks and conversations, regulating energy and emotions, managing behavior, and maintaining positive relationships.

Often, these challenges can be associated with a different way of thinking, learning, and seeing the world – neurodiversity.

Neurodiversity brings with it so many gifts and talents –we know that you (or someone you are supporting) has much to offer the world, and we want to help you unlock the gifts of neurodiversity and harness the innate strengths and intelligence that neurodiversity brings.

We are delighted to offer the Davis Concepts for Life 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 Concepts for Life Facilitators worldwide, in 17 different countries, in 11 different languages, who have helped thousands of 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 you – or someone you are supporting. The Davis Concepts for Life program may be just what you are looking for. It is a revolutionary program created by a neurodivergent individual for neurodivergent individuals.

This program can support you on the journey of understanding neurodiversity, celebrating all of the unique gifts that come with it, and finding ways to unlock the potential within.



The Davis Concepts for Life Program has been developed for anyone wanting to create meaningful change in their life.

As they progress through the program, clients have the opportunity to work on their goals by experiencing, reflecting on and mastering a series of essential life concepts, which they model in modeling clay and then explore in the world around them. This structured-but-flexible process promotes self-responsibility and personal growth.

Highly trained and caring Davis Concepts for Life Facilitators work individually with each client, so the program is delivered at each participant's preferred pace and can be tailored to their specific needs and goals.



I can't believe how life-changing these concepts are. I use them all of the time in my life now - it is just so easy to take responsibility for things that had always seemed impossible before.

Davis Concepts for Life Client

WHO WOULD BENEFIT FROM A DAVIS CONCEPTS FOR LIFE PROGRAM?

This program is suited to any individual who is open to self-development and wants to create meaningful change in their life by exploring and mastering the mechanics that make up motivation and self-responsibility.

Individuals who experience challenges with executive functioning skills, stress, anxiety, reduced focus, self-regulation, and behavior management, will find this program particularly beneficial.

People who struggle with forming and maintaining positive relationships can also benefit from this program.

What kind of results do people see with the Davis Concepts for Life program?

Clients who have completed the program have experienced many positive changes, including:

- increased self-awareness
- better able to manage stress
- an increased ability to focus for periods of time
- able to monitor and self-regulate their energy levels
- improved ability to listen and take in what is being said
- greater insight into the relationship between cause and effect
- improved time management
- better organization and ability to complete tasks
- the ability to establish order in their environment and daily life
- awareness of the role that emotion plays in self-motivation
- the ability to apply a framework to establish self-responsibility
- recognition of different types of relationships, and what constitutes acceptable behaviors within them, and the enhanced ability to make decisions based on what is right or wrong for Self.

“It feels easier to be me.”

Davis Concepts for Life Client

WHAT IS INVOLVED IN A DAVIS CONCEPTS FOR LIFE PROGRAM?

The Davis Concepts for Life program takes a unique approach to supporting neurodivergent individuals in unlocking their inherent gifts and intelligence, and creating meaningful and lasting change in their lives.

A major component of the program is facilitating the individual to develop conceptual understanding of fundamental life concepts that enable them to make sense of, and interact with the world, in positive and effective way.

This is achieved through communicating and learning visually, creating each concept as a 3D real-life model using modeling clay, allowing images to 'do the talking' rather than using too many words.

The understanding of each concept is then integrated through relevant experiences, with the individual experiencing each concept as being a constant in everyday life.

The program also equips each individual with the ability to implement meaningful change in their lives, through applying the concepts in their own life, to create order, develop self-responsibility, strengthen executive functioning skills, and improve relationships and behaviors with others.

The program generally takes approximately 60 hours, depending on the needs and goals of the individual. This can be structured in a way that works in harmony with the individual.



WHAT IS INVOLVED IN A DAVIS CONCEPTS FOR LIFE PROGRAM?

Davis Concepts for Life is a three-step program.

Step 1: Self-Regulation Strategies and Tools

These equip the individual (and their support person, if necessary) with a set of self-regulation strategies that can be easily learned and applied. These include:

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 participant to develop accurate, stable perceptions and the ability to achieve a calm focus.

Release

A breathing tool for relaxation, relieving tension and to help manage stress and anxiety levels.

Dial

A mental imagery tool used to help monitor energy levels and maintain rapport with others.

Self-Orientation

This consolidates the feeling of focus established by the Auditory Orientation, and enables the individual to achieve and maintain focus without needing to use the auditory orientation sound.

Koosh ball exercises

A fun, interactive way to practice maintaining focus, while strengthening neural pathways and improving balance and co-ordination. These exercises can be practiced with the assistance of the Davis Facilitator and/or the support person.



Step 2: Davis Life Concepts

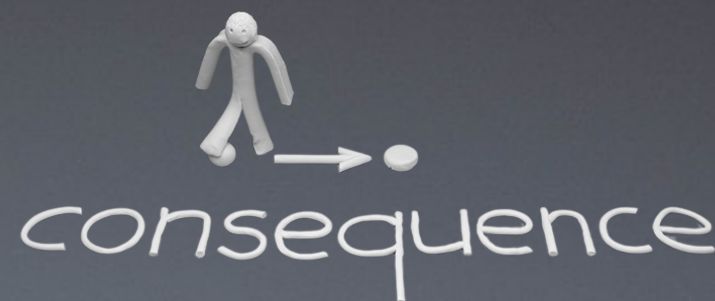
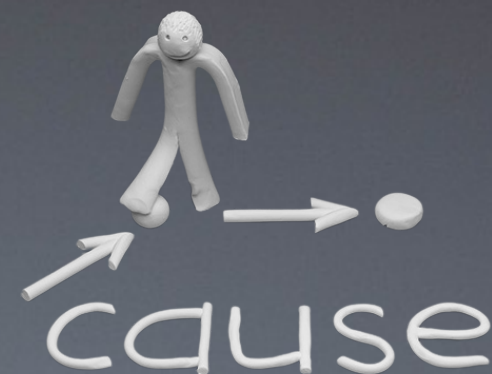
This component of the program instills a deeper understanding of life concepts by using the multi-sensory medium modeling clay to model core concepts and capabilities, including:

- Self, change, consequence, cause and effect
- Time, sequence, order and disorder
- Continue, survive, perception, thought, experience
- Energy, force, emotion, want, need, intention
- Motivation, ability, control and responsibility

The most effective way to consolidate this learning is through experience. After each concept is created in the clay, the participant explores the concept in the real world alongside their Davis Facilitator or support person. The aim is to have many varied experiences of how the concept exists in the individual's day-to-day surroundings.

These experiences are essential, as they enable the participant to integrate the concept into their own identity and establish an internal 'filing system' that provides the foundations for future thinking and behavior.

Physically interacting with these concepts in the environment facilitates a deeper understanding of these life's lessons. It also enables the participant to transfer their understanding across situations within their daily life, which develops their executive functioning skills.





Step 3: Implementing meaningful change

This stage of the Davis Concepts for Life Program focuses on helping the individual to apply the concepts in their life to create meaningful change. The desired changes will depend on each person's specific needs, capacity and situation.

Establishing order in the physical environment

Learning how to use the concepts to establish order, determine order, and create and maintain order.

Creating new behaviors

Exploring behaviors that have had negative consequences and using the learned concepts to create more positive outcomes and strategies.

Developing self-responsibility

Identifying which life concepts may have been missing or only partially integrated in the person's life, and learning a strategy to foster self-responsibility by applying these newly mastered concepts in real-world situations.

Strengthening executive functioning skills

Developing and integrating the core concepts to improve self-regulation skills.

Improving social integration

Exploring concepts that create foundations for positive, healthy relationships and behaviors with others.

Davis Concepts for Life gives a good structure about yourself and the world around. You can explore need and want, intention and motivation, urge and emotions, perception, knowledge, order, responsibility, relationships - concepts that give you the power of control your life. You can build the life you want and relationships based on your own preferences.

Davis Concepts for Life Workshop participant

HOW CAN I ACCESS A DAVIS CONCEPTS FOR LIFE PROGRAM?

Every individual has unique needs. We have different delivery options to choose from, so you can find the best solution to the individual.

Option #1 – Work with a Facilitator

A Davis Concepts for Life Facilitator can take the individual through the full program, while coaching a support person (if needed) on how to reinforce the learning at home, school, work, or in a therapy setting.

Option #2 – Attend 5-day Workshop

Attend a 5-day Davis Concepts for Life Workshop to learn how to take the individual through the program at home, school, work, or in a therapy setting.



The program gave us ways of questioning the 'hows' and 'whys' of difficult concepts, events and situations, and began to give my daughter both a sense of independence and ability to relate to others. Our facilitator was incredibly patient and allowed us to explore the content of sessions rather than direct us to a particular outcome.

Mother, Davis Concepts for Life client

MEET SOPHIA



Our life has been forever changed thanks to the Davis Program.

My youngest daughter Sophia was born with sensory processing disorder and motor deficiencies. Her inability to decode and process the information she was hearing, seeing and feeling left her in a constant state of fear and chaos.

This meant everyday experiences were completely overwhelming for her. Three or four times a day, Sophia's inability to regulate her emotions meant she would literally meltdown from the inside out. This was our 'normal'.

When Sophia was still a toddler, I began looking for ways to help her make sense of her world. I investigated therapies that were more holistic, rather than trying to medicate her.

Some therapies we tried were helpful and began to give us hope. However, we didn't begin to experience truly dramatic life changes in our family until we found Davis.

The first time Sophia listened to the Davis 'tings' she was nine years old. After she listened to the recording I said: 'Sophia, how do you feel?' and she stood there and said 'Mom, I feel peaceful', and I began to cry. My child had never experienced feeling peaceful on the inside before.

Over the next few months, while progressing through the program, Sophia began to individuate ... to have her own likes, wants and desires and to seek a life of her own. It was fantastic to watch.

The impact of embedding these foundational concepts into her identity quickly became apparent. She was no longer terrified by change!

Sophia was a frightened, fearful child who was withdrawn and living inside of herself. Since completing the program two years ago, she has become a typical young girl. She is two cycles away from completing her black belt in Taekwondo. She wants to work for Lucas films as an animator one day.

Our lives are now 'normal' – we laugh as a family, we cry as a family, we encourage one another, we strengthen one another. We hadn't experienced that before.

I would encourage any family struggling as we were to consider exploring the Davis programs.

Mary Martin, mother (and now a Davis Concept for Life Facilitator)

After my program, I have been clearer with myself. Internally my decisions have more structure - they are more defined.

Davis Concepts for Life client



CONTACT US

to find out more about the Davis Concept for Life Program

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