



Davis Autism Approach® Program

Empowering autistic individuals to participate
more fully in a life they choose

Davis Autism Approach® Program

A diagnosis of autism 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 understood and validated for who they are, and a feeling of empowerment to be able to ask for the support they need.

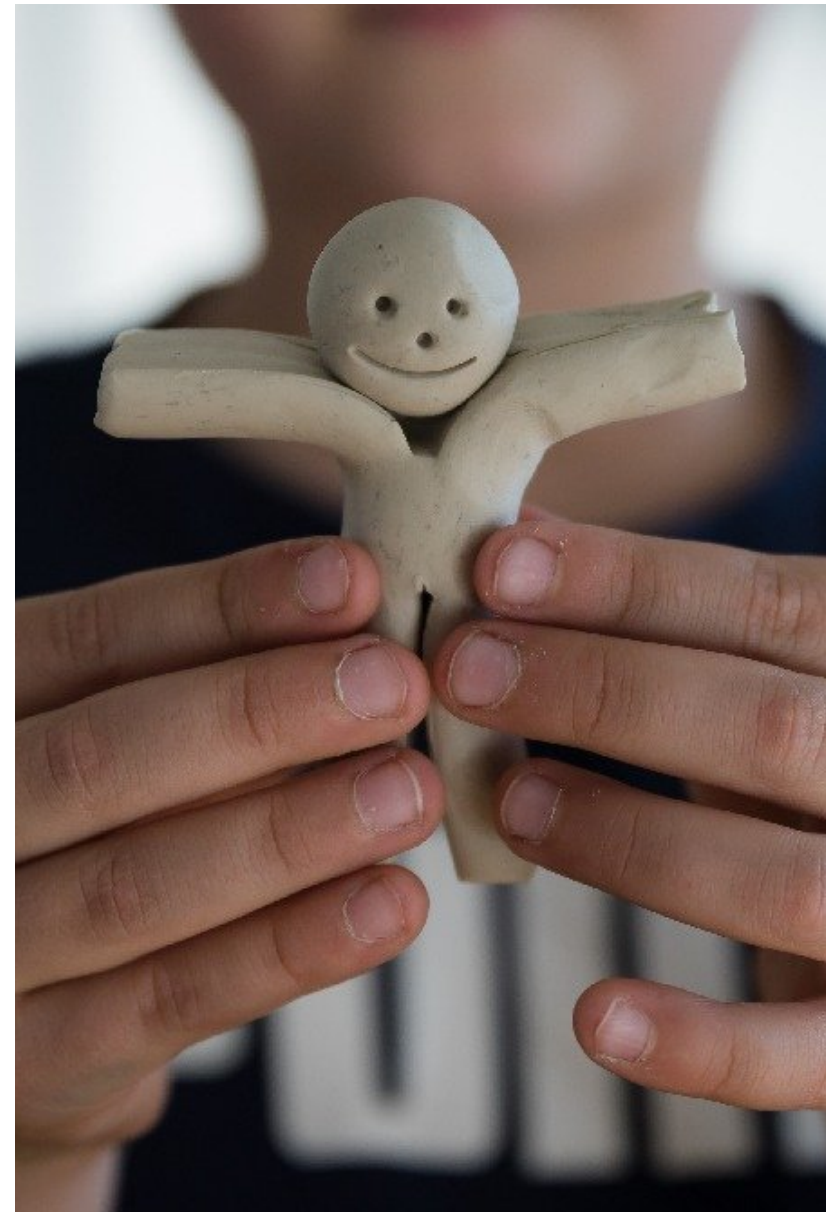
For everyone, though, it is another step in the journey of understanding their neurodiversity, celebrating their unique gifts, and finding ways to unlock the potential within.

We get that, and we want to help you – or someone you are supporting - unlock the gifts of autism.

We are delighted to offer the Davis Autism Approach 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 you – or someone you are supporting. The Davis Autism Approach 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."



The Davis Autism Approach Program was created by an autistic man for autistic individuals. It is a deeply respectful and non-intrusive approach that empowers individuals to participate more fully in a life they choose, while retaining and further developing the essence of who they are as an autistic individual.

Highly trained, caring Davis Autism Facilitators work individually with each client, so the program is delivered at their pace and according to their needs.

A support person also receives in-depth training from the Facilitator so they can support the individual in using the new tools in daily life. If an individual is not able to work directly with a Facilitator, the Facilitator can coach the support person to work with their loved one at home; or the support person can attend a Davis Life Concepts for Autism Workshop



“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**

WHO WOULD BENEFIT FROM A DAVIS AUTISM APPROACH PROGRAM?

Any autistic individual aged eight years or over, who has receptive language (i.e. they can understand what is being said) can benefit from this life-changing program.

What kind of results do people see with the Davis Autism Approach program?

Clients who have completed the program have experienced many positive changes. These are some of the most common results Davis Autism Facilitators see in their clients, which have been confirmed through independent research.

- Less anxiety
- Increased ability to be able to take part in daily activities and create order in their life
- A willingness to try new things
- Greater capacity to cope with change
- Greater ability to cause a change in their life
- A reduction in sensory overload symptoms
- Reductions in meltdowns
- A greater sense of self , and being better equipped in relationships.

The Davis Program does not try to fix me or make me normal. It lets me keep being myself, but helps me understand this world I have to live in.

Isaac Edwards, 12 years



WHAT IS INVOLVED IN A DAVIS AUTISM APPROACH PROGRAM?

The Davis Autism Approach program takes a unique approach to supporting autistic individuals in unlocking their inherent gifts and intelligence, and participating more fully in the world, in the way they choose.

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 way that is both easeful and effective.

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

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

The program also covers social integration, but this is dealt with as the last step, as it is crucial to have solid understanding of the foundational life concepts inherent first, in order to be able to make sense of and navigate relationships and the social 'world', without the need for rote learning of social skills.

The program generally takes between 60 and 120 hours, depending on the needs of the individual. This can be structured in a way that works in harmony with the individuals and their support person.



Davis Autism Approach is a three-step program.

Step 1: Individuation and Self-Regulation

The Facilitator will begin by assisting the individual to become more present in the world, develop accurate perception, gain a stronger awareness of self, and develop the ability to regulate their focus, stress and energy levels.

This process includes:

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. This technique can greatly enhance a person’s ability to maintain a calm state of focus.

Self Awareness

Using modelling clay, the individual creates a model that represents themselves (Self). This model of Self is used in every part of the program that follows, to allow true understanding of how Self relates to all of the fundamental life concepts.

Release

A simple, effective technique to empower the individual to manage their stress and anxiety levels.

Dial

A visualization technique that enables the individual to monitor and regulate their energy levels according to any situation.



Step2 : New Foundations (Identity Development)

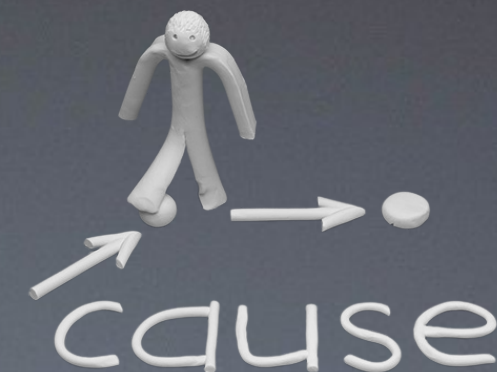
Once the individual has developed a greater awareness of Self, established more accurate perception and has been introduced to the Davis self-regulation tools, we can help them to learn fundamental life concepts that they may not have picked up previously.

The focus of the life concepts is to facilitate solid understanding of the following fundamental ideas:

- change, consequence, cause and effect, before and after, time, sequence, order and disorder
- continue, survive, perception, thought, experience
- energy, force, emotion, want, need, intention
- motivation, ability, control, responsibility.

Each concept is introduced and 'mastered' using a highly effective, multisensory hands-on approach, which heightens each participant's engagement and ability to learn.

First, the individual is guided to create their own clay model of the concept in order to assimilate the idea accurately. The individual is then encouraged to find and examine the concept in the real world. These exploratory experiences are essential for enabling the individual to consolidate and integrate the concept for themselves.



New Foundations also includes a set of simple, powerful exercises that empowers the autistic individual to put the concepts into practice in their life.

These include:

- **Establishing order in the physical environment**


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

- **Creating new behaviors**

They explore behaviors that have had negative consequences and, using the concepts above, create new, positive outcomes and strategies.

- **Developing self-responsibility**

They learn how to increase their personal sense of responsibility by applying the New Foundation life concepts in real-world situations.

A rectangular box with a thin orange border containing a quote. The quote is in orange text and is centered within the box. Behind the text are two faint, overlapping circular shapes in a light orange color.

The Davis Autism Approach® program bridges the gap between the autistic world and this big world beyond, and embraces both worlds so that they are able to work in harmony.

Juliana Edwards, Mother

Step3: Building Bridges (Social Integration)

Once fundamental life concepts have been consolidated for an individual, they have the foundations on which to start building a bridge into the world of other people.

The Building Bridges stage of the program focuses on facilitating social awareness by exploring the different types of relationships and behaviors we engage in with others.

Rather than having the individual learn a set of social skills, we work with them to explore different categories of relationships and associated behaviors that can be applied across any social situation they may encounter.

Once again, the visual, hands-on technique of modeling clay is used by the individual to create models of Self and others within these different types of relationships.



Since my program, I have been able to connect with others emotionally. I have been asking people how they are, when I never used to do that.

Davis Autism Approach Client

HOW CAN I ACCESS A DAVIS AUTISM APPROACH PROGRAM?

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

Option#1 – Work with a Facilitator

A Davis Autism Approach Facilitator can take the autistic 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.

Alternatively, the Facilitator can offer a coached-style program - taking the individual through the initial part of the program, and coaching their support person to take them through the remainder of the program at home, school, work, or in a therapy setting.

Option#2 – Attend 5-day Workshop

The support person – a parent, educator or therapist – can attend a 5-day Davis Life Concepts for Autism Work shop to learn how to take the individual through the program at home, school, work, or in a therapy setting.

As a parent the biggest gift you can receive is the support to do the very best for your children. The Davis Autism Approach is the biggest and best gift I have ever received, and through this I know my son will be the absolute best he can be.

Dannette Moriaty, Mother

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 Autism Approach Facilitator)

MEET ALBERT

Albert, 47, is an autistic man who works in legal administration and lives in Anaheim, California. He celebrates the day he became one of Dr. Angie Gonzales' Davis Autism Approach clients.



I have finally developed within myself a sense of 'wokeness' for the first time in my life.

The Davis Autism Approach has made a profound difference in my life.

Because of my lifelong struggle with autism, I have always had to grapple with my unique social challenges on a daily basis. I felt so profoundly miserable about the difficulties I was experiencing in both making and sustaining friendships.

I have always yearned to gain an enhanced level of understanding of myself ... through an 'innovatively holistic' intervention that would respect my own neurological integrity. Incredibly, I stumbled across the Davis Autism Approach.

I participated in the Davis Program under the nurturing tutelage of my Davis Facilitator, Dr Angie Gonzales. She saw the potential within me to be able to thrive amidst a predominantly neuro-typical universe.

The biggest positive change that I have noticed within me ever since I completed the program is the fact that I have been able to gradually emerge from the 'netherworld' of autism with a tremendous amount of self-confidence within me. I have been discovering my essence as an autistic individual.

These changes have progressively led to a substantial improvement in my interactions with others, especially with both relatives and friends.

And I no longer view autism as a 'scourge' that must be harshly dealt with. As a matter of fact, the autism within me has become a wonderful gift that has compelled me to see the 'beauty of life' at a particular instant in time.

If I had not chosen the Davis Autism Approach, I most certainly would have been consigned to leading a life of profound misery in which I would still be trapped in the 'netherworld' of autism for the rest of my life.

Albert Calleros, Autistic Individual, USA

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 Autism Approach
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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!



www.rdautismfoundation.org/freewebinar



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