



A Totally New Me

Amelianne is a beautiful young lady with Asperger's. Her journey with the Davis Autism Approach has been life changing. I had the privilege to facilitate Amelianne through her program and am delighted to share her story with you.

Amelianne came to me because she was struggling in many areas of her life. She found it difficult to organize herself, she struggled relating to others, was finding her studies increasingly challenging, and although she held it together during the day, would often have meltdowns when she got home, which would sometimes last all evening.

Amelianne embraced her Davis Self-management Tools. They helped her to focus and to perceive the world accurately. They empowered her to be able to reduce her anxiety and control her stress levels. She had many 'aha' moments as we worked together through the 'Life Concepts' that are designed to help form a solid identity.

By the end of her program, she had experienced changes in all of the areas she was struggling with, and as she experiences real life situations now using her new, complete identity, her life continues to move in a positive direction for her. Her most recent achievement has been travelling overseas to take up a short-term role as a nanny – something that she previously would not have considered possible.

When asked about the Davis Autism Approach program, Amelianne had this to say:

“ *I have noticed a lot of positive changes in my life. I feel happier within my body and more confident on the outside - so I feel like a totally new me. I feel that all of parts of the program really have helped me and will help me enjoy life and be happy being me in a wonderful, beautiful world with lots of opportunities and experiences to look forward to. I can enjoy living a normal life and see life in all perspectives. I can't explain how much it has meant to me and all of my family.* **”**

Amelianne's parents sent this email not long after she had completed her program, saying:

“ *She is just so much more open as there is nothing to hide, and she's just so happy. This new ability for Amelianne, to be able communicate more effectively at such a crucial time in her life is an invaluable tool, for this help we are so grateful to you. I can report we are all enjoying a much happier family unit. It is VERY special.* **”**

This is why I am a Davis Autism Facilitator. What could more exciting than helping somebody participate more fully in life and realize their potential?