

Center for Autism and Early Childhood Mental Health



Parent-delivered
nightly routine

Parent Training

Saturday, Oct 18th

or

Sunday, Nov 16th

1:00pm – 4:00pm

\$75 per family – Parents only.
Includes 3-hour training
Parent instruction book
Instructional DVD

Location:

The Ben Samuels Children's Center

80 Clove Road
Little Falls, NJ 07424

email to Register:

Linda@SweetStrokes.com

For Questions:

Linda Garofallou, MS, LMT, IMH-E-III Clinical
Certified Qigong Sensory Training
973-714-3241



MONTCLAIR STATE
UNIVERSITY

Center for Autism and
Early Childhood Mental Health

1 Normal Avenue | Montclair, NJ 07043
973-655-6685

Qigong Sensory Training for children with autism

Qigong Sensory Training is a straight-forward sensory protocol that parents can learn to give their children. The simple routine usually takes about 15 minutes and is given nightly.

Qigong Sensory Training protocol is an exciting research-based treatment for young children with autism that has been shown in controlled studies to improve social skills, language and behavior. Based on Chinese medicine, the massage techniques normalize touch and stimulate self-regulation; children feel more comfortable and more receptive to connecting to others. Eye contact, sensory problems, tantrums, sleep and behavior improve.

Results after 5-month research studies have shown:

- Improved sleep, digestion and sensory awareness
- Negotiates transitions more easily
- Decreased autistic behaviors
- Decreased behavioral problems
- Decreased aggression
- Improved social skills and language

Please see www.QSTI.org for parent videos and links to research studies.

For parents only - Please feel free to bring grandparents & caregivers

Space is limited. Please register early.

Linda Garofallou is the Infant & Pediatric Massage Therapist at the CAECMH, and formerly at Children's Hospital of NJ at Newark Beth Israel Medical Center where she has worked extensively with families and children with a wide range of serious medical diagnoses. She has developed a variety of community pediatric massage programs for at-risk children & families. Linda holds a Masters degree in biology/human physiology, a post graduate certification in Infant & Preschool Mental Health and is faculty trained in Brazelton's Touchpoints. She is a licensed massage therapist and holds the Level III Clinical Endorsement in Infant Mental Health®.

-Training made possible through a generous donation from Karen & Dann Florek-