

Discover the Difference:

Davis Autism Approach[®] Programme



We understand... Autism

Do you long for a life where everyday experiences don't become a source of stress and overwhelm for yourself or your child?

Do unexpected changes in routine or in your environment cause confusion and make the world feel perplexing and maybe even scary?

Do you or your child struggle with relationships, or feel at a loss to understand emotions or interpret social cues?

The Davis Autism Approach® is your guide to clarity, providing solutions that address the challenges and perplexities of navigating a complex world.

Imagine a world where autism is not a barrier but simply a part of what makes you extraordinary. Our shared aspiration is to help you embrace your autism, supporting you as you turn your challenges into opportunities for growth and self-discovery.



"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 realized 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 is the Davis Autism Approach® for?

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 programme.

If an individual does not yet have receptive language, we can still help. However, their Davis Autism journey will take a different path, starting with the Davis® Stepping Stones Programme before leading on to the Davis Autism Approach.

Benefits of the programme

These are some of the most common positive changes experienced by our clients, and which have also been confirmed through independent research:

- **Improved wellbeing.** Experience a sense of empowerment as you navigate life with greater self-awareness, the ability to create boundaries and manage stress, with less anxiety and overwhelm.
- **Increased sense of safety.** Enjoy the freedom to feel safe, equipped with greater understanding and tools that will help you better manage yourself, reducing sensory overload symptoms and meltdowns.
- **Strengthened relationships.** Become well-equipped to navigate the intricacies of daily interactions and relationships without the need to rote learn behaviours or social skills.
- **Enhanced resilience.** Increase your flexibility of thinking, capacity to cope with change and willingness to try new things.
- **Taking control of your life.** Learn how to effortlessly create change and order, and take responsibility for your life. Gain a sense of control and mastery – transforming confusion and chaos into clarity and certainty.



"The Davis Programme did not try to fix me or make me normal. It let me keep being myself, but helped me understand this world I have to live in."

**Davis Autism Approach® client,
completed programme aged 12
New Zealand**



What is involved in a Davis Autism Approach® programme?

The Davis Autism Approach programme 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 programme 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 a 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 programme 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.

Davis Autism Approach is a three step programme

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.

Step 1 includes:

Auditory Orientation

The participant listens to a specifically engineered sound through headphones leading up to and, if necessary, during programme 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.

Release

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

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 programme that follows, to allow true understanding of how Self relates to all of the fundamental life concepts.

Dial

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



"The Davis Autism Approach is the best gift I have ever received, and through this, I know my son will be the absolute best he can be."

Danette Moriarty, Mother

Step 2: New Foundations (Identity Development)

Once the autistic individual has developed a greater awareness of Self, established more accurate perception and is becoming more present in the world, the next step is to help them to learn fundamental life concepts that they may not have picked up previously

What is involved in Step 2 of the programme?

- The Davis Facilitator supports the individual to actively create (using the engaging hands-on method of clay) the fundamental life concepts of:
 - 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
- Meaningful, positive learning experiences in the environments allow the individual to explore these life concepts in a safe and fun way. This enables the individual 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.
- The facilitator supports the individual to establish order in their physical environment by learning how to use the concepts to establish order, determine order, and create and maintain order.
- The individual is empowered to develop self-responsibility, through identifying which life concept/s are missing and thereby preventing or limiting the individual's capacity for self-responsibility.



Step 3: 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 programme focuses on facilitating social awareness by exploring the different types of relationships and behaviours we engage in with others.

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

Social awareness is facilitated by exploring different types of relationships and behaviours we have with others. Emotional awareness is facilitated through exploring what messages our feelings are giving us, and what they motivate us to do.

"The Davis Autism Approach programs 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



Programme format and timeframe

The time it takes to complete a Davis Autism Approach Programme is flexible according to each individual's needs; however, a typical programme will take somewhere between 60 and 120 hours (2 – 4 weeks). Our approach involves wrap-around support, which means that a support person has the opportunity to be involved in the programme every step of the way.

It is always an individualised programme, and it can be delivered either in person or online, in a variety of different ways. A Davis facilitator can:

- Guide the autistic individual and their support person through the entire programme.
- Coach the support person to work with the individual at home.
- Use a combination of working directly with the individual and coaching the support person.
- Conduct sessions face-to-face or, when appropriate, online.

Support on your journey

At Davis, our core belief is that autistic individuals have great potential and don't need to be 'fixed'. You simply need a road map to help you materialise what you would like to achieve in your lifetime. The Davis Autism Approach is that road map. Let the Davis Autism Approach be your partner on this transformative journey into a world where you can thrive.



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

Albert Calleros, Davis Autism Approach® client, age 47
USA

What happens next...

Join us as we guide you through each stage of your journey with Davis. We encourage you to ask as many questions as you'd like along the way, ensuring you feel empowered and confident that Davis is the right fit for you.

1. Free Discovery Call

To find out more about Davis, our programmes and workshops, we invite you to **book a complimentary Discovery Call** and spend up to 30 minutes confidentially sharing details of your situation with us. This will help you start to get an idea of which Davis solutions could be of value.

2. Initial Assessment

If what you hear resonates, **schedule an Initial Assessment** meeting (in person or online).

For many Autism programme assessments, this stage is covered in two meetings (if appropriate to your situation) – first with a family member, then with the autistic individual themselves.

3. Recommendations

At or following the Initial Assessment, your facilitator will:

- Determine whether Davis is suitable for you and your situation
- Recommend which program is best for your needs
- Indicate appropriate next steps

4. Book a programme

If you and your facilitator feel that Davis is a good fit, at this point, you can **book a programme**.

5. Programme delivery

Your Davis programme is **delivered one-to-one by an expert facilitator**. This can be done in person or online.

Autism programmes are flexible in their scheduling and duration and can take between 60 and 100+ hours, spread across several weeks/months. The duration can vary enormously and will depend on each client and their individual situation.

6. Programme follow up

- Programme follow up work as needed

All programme packages provide you with:

- Training of a support person
- Telephone and email support post-programme
- Access to follow up review sessions (in person or online)

**"This is a sound,
credible and
compassionate
approach to a
complex
developmental
issue."**

**Clinical psychologist/Davis Autism
Approach workshop participant, Australia**

Contact Us

to find out more about the Davis Autism Approach[®]



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"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'