

IAAN Conference at Tweed Heads, NSW Australia 7-9 September | 2023

Time 2 Train Aspergers Program

A Neuropsychotherapy Approach to Integration

Author, Jeremy Samson , Asperger Personal Trainer –

Neuropsychotherapy Practitioner

90-minute workshop

Abstract:

Time 2 Train Aspergers Program is a fun exercise program using physical activity and movement to help stimulate, motivate individuals with Autism / Aspergers Syndrome.

The purpose of the program is to help support, empower and build greater confidence in those struggling to manage high anxiety, stress and many more learning difficulties.

The program helps to reduce anxiety, build appropriate coping mechanisms and neural plasticity  towards better executive functioning, so they can manage Asperger’s in the wider community. Time 2 Train is recognised as an early intervention and integration  program, improving large to fine physical  motor skills, improvement of the sensory, vestibular systems, improved neural networks towards better overall cognitive functioning.

The physical exercises in Time 2 Train are those that inhibit the  Primitive Reflexes;

That strengthen the  Postural Reflexes; and those that encourage growth of nerve pathways within the higher centres of the brain increasing integration of the different senses and the different specialisations of the brain.

Training with these exercises in the program takes anything from 3 - 9 months to 2 years depending on the cause and quality of adherence to the program. "

Time 2 Train is focused on one on one training in a safe, comfortable environment for greater capacity in development of new skills towards higher functioning.

The success of the program has been largely based on the enriched environment with non-overwhelming activities that help motivate a child on the autism spectrum to attempt and participate in exercise and physical activity.

**Learning Outcomes:** Practitioners, participants will receive access via power point, video footage, key practical physical based exercises, activities and other individualised approaches and routines to support optimisation in the brain, nervous system and body of individuals with autism spectrum disorder.

**Learning Objectives: 1)** Participants will learn about the key neuroanatomical areas of the brain of individuals with autism spectrum disorder (Aspergers syndrome) that present disruption, impairment.

**2)** How mounting evidence of epigenetic, environmental factors researched, contribute to cause in development of ASD, specifically anxiety, stress & trauma.

**3)** How vestibular, proprioceptive exercises in conjunction with appropriate play based, social connection approaches as form of early intervention supports healthy developmental integrative change in functionality, healthy behaviour management.

**4)** Participants will gain insight into style of parenting “authoritative” and neuro-scientific benefits in supporting the management of anxiety, raising a child with autism. How the styles of parenting can have adverse effects in behavioural difficulties in autism.

**5)** Discussion about Jeremy’s personal journey diagnosed at age six with Aspergers and how he managed to overcome traits to live an independent life.

[www.time2trainaspergers.com](http://www.time2trainaspergers.com) [www.lupeprogram.com](http://www.lupeprogram.com)