



Herkimer ARC

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Empowering People...Enriching Lives

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Herkimer ARC to Host Autism Movement Therapy Workshop

The Herkimer ARC will host Joanne Lara, MA, president of Autism Movement Therapy, Inc., and technical advisor for Kiefer Sutherland's new FOX TV pilot, *Touch* for a workshop in March.

The two-day event will be held March 13 and 14, from 9 a.m. to 4 p.m., at Herkimer County Community College's Student Activity Center. Registration will begin at 8 a.m. The Herkimer ARC Focus on Families Educational workshop is free and open to professionals and family members thanks to funding by the Herkimer ARC and the Central New York OPWDD Family Support Council.

Space is limited, individuals must attend both days, and reservations should be made by March 1, by calling Carolyn Roy at (315) 574-7100 or email: croy@herkimerarc.org.

The workshop will be presented by Lara, who is founder of Autism Movement Therapy, Inc. Designed for parents, teachers, paraprofessionals, caregivers, dancers, professionals, and individuals on the Autism Spectrum, the event will develop skills and strategies for instruction of Autism Movement Therapy movement and music class. These include connecting left and right hemispheres of the brain for "whole brain" cognitive re-mapping approach to increase desired behaviors, on-task activity, and social speech and language skills. All are explored through sequencing and patterning techniques. The mission is to provide a music and movement program for all individuals with Autism so that they can be included in their communities and have access to the arts.

Lara is an Autism education expert and an adjunct Special Education faculty member at National University, with a M.A. in Special Education and a B.A. in Dance. She has written extensively about Environmental Toxins and Autism, and presents lectures and certification workshops throughout the US. In June 2011, Lara was appointed Technical Advisor/Consultant for Kiefer Sutherland's new FOX TV pilot *Touch*. Kiefer's television character has a 10 year-old non-verbal son with high functioning Autism. For more information, visit www.autismmovementtherapy.com.

The Herkimer ARC employs over 400 full and part-time staff to provide meaningful work and life goals, and to give care to 700 participants in Day Programs, Health Services, Residential (24-hour and supported homes), Recreational and Respite Services, Valley Commons, Family Support, Family Care, Career Connections, Senior Center, Herkimer Industries, Goodwill-HARC Store & Donation Center, and Transportation. For more information regarding the Herkimer ARC, visit www.herkimerarc.org.



*Joanne Lara, MA,
president of Autism
Movement Therapy, Inc.*