

STORIES OF HOPE



EMILY'S
AUTISM JOURNEY

FROM TIME TO TIME, EVERYONE GETS FRUSTRATED.

Emily is a shy girl who loves art, music,
and pretending to be a princess.



Before she started ABA therapy, Emily had trouble communicating and expressing her feelings constructively.

Often, her difficulty expressing her feelings led to aggressive behaviors.

These behaviors would often prevent Emily from socializing, keeping her from joining group activities and playing with her peers, often leaving her confused with her emotions.



Because of the frequency and severity of her aggressive behaviors, Emily's Mom knew she needed to find help for her daughter.

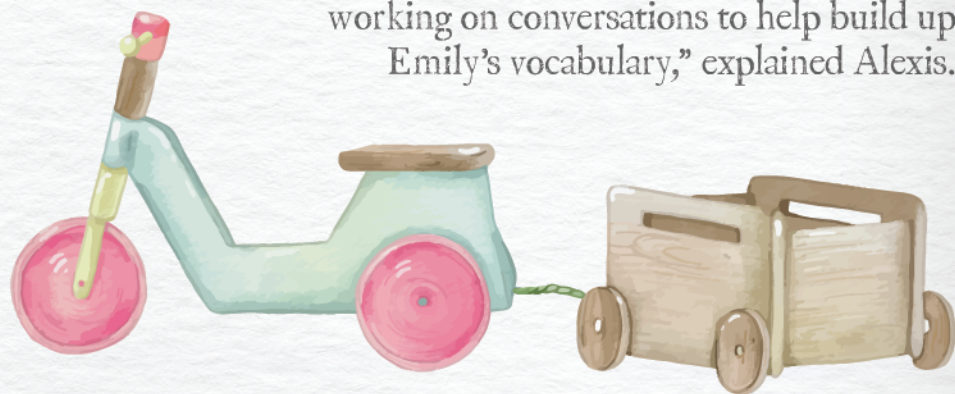
"The journey was hard, and I didn't know what to do or where to turn, until I heard about Applied ABC."





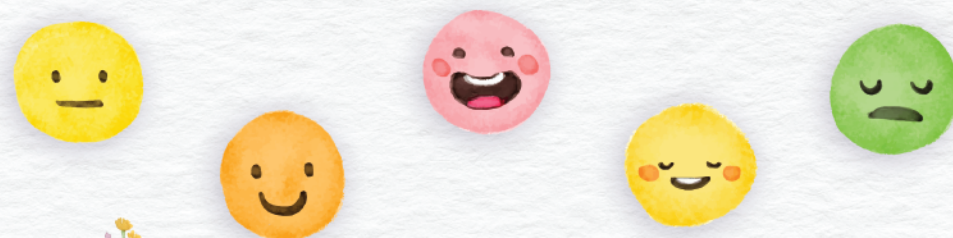
It was not long before Emily was paired with an RBT named Alexis, and the two of them instantly clicked.

“Over the course of a year, we worked on social skills, coping goals using deep breathing techniques, asking for breaks when she was feeling frustrated, and working on conversations to help build up Emily’s vocabulary,” explained Alexis.



These techniques taught Emily how to have conversations, cope with stress, and calm down when she was frustrated.

Emily’s Mom began seeing differences in her daughter’s behavior day by day. She wasn’t the only one to notice either.



She has already shown improvements in her ability to have conversations, and she’s received amazing reports from her teachers.”



"I remember the day clearly; Emily watched a few other children playing "Ring Around the Rosie." She loves music, and I saw her slowly approaching the other kids. Then, without any help, she independently asked if she could join them," said Alexis.



Even though Emily can still be shy at times when engaging with her peers, there are now times when she initiates a conversation all on her own.

Today, Emily is working on life skills, social skills, and receptive goals.

Alexis is also helping Emily follow directions, use full sentences to ask for items, brush her teeth, clean up after herself, and master coping techniques like deep breathing or asking for breaks.

There are times when Emily still gets frustrated. But today, she can communicate better with her mom, Alexis, and her new friends!





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We want to dedicate this Story of Hope to our staff, the hard-working parents who put everything into helping create a brighter future for their children, and the children like Emily, who continue to discover more about the world and themselves daily.



While all the stories in this book are true, names and identifying details have been changed to protect the privacy and confidentiality of the people involved.



Illustrations by Annabelle Meszynski

 **AppliedABC**
FAMILY-CENTERED AUTISM THERAPY