

Discover the Difference:

Davis[®] Stepping Stones Workshop



We understand...

Autism, and can help you unlock potential

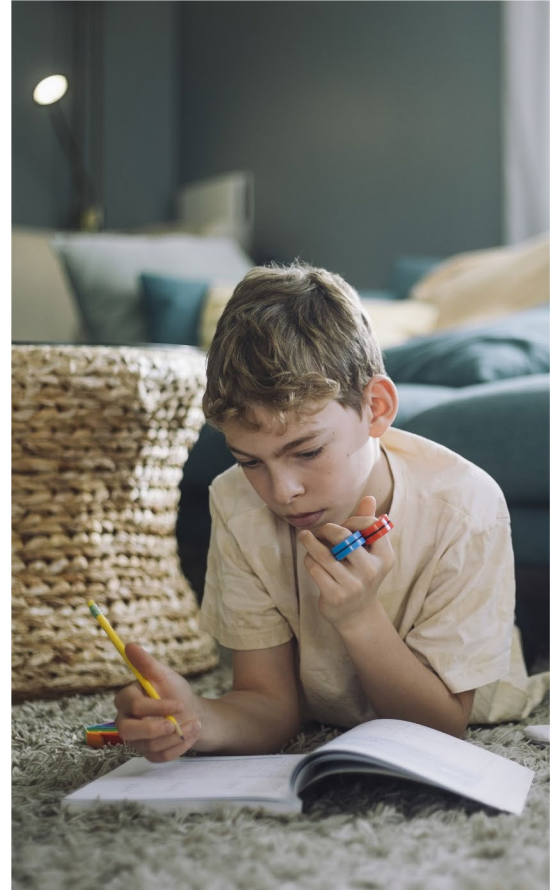
Are you a dedicated **parent, educator, therapist** or **caregiver** tired of seeing your child or student struggle with the challenges that come with autism?

Do you wish you could help them so that their everyday experiences aren't a source of stress and overwhelm?

Are you experiencing frustration and overwhelm due to the challenges of sensory sensitivities, meltdowns, social interactions, and communication barriers? Are traditional approaches failing to bring about any meaningful change?

If any of these resonate, you've come to the right place!

At Davis, our understanding of autism's unique challenges and strengths stems from the fact that our methods were developed by an autistic genius to assist others like him. This uniqueness is what sets our methods apart, making them truly special and life-changing.



"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



What is the Davis® Stepping Stones Workshop?

The **Davis® Stepping Stones Workshop** offers Davis methods in a form specially tailored to the needs of parents, educators, therapists, and caregivers of younger autistic individuals who may be facing challenges in meeting early childhood development milestones, as well as those with limited language abilities.

Grounded in our philosophy of celebrating neurodiversity, the workshop empowers you with insights and innovative strategies to unlock potential and foster growth from the earliest developmental stages.

This transformative two-day experience guides you through every aspect of the Davis® Stepping Stones program, equipping you with practical techniques tailored to the specific needs of these individuals. This comprehensive training will enable you to effectively implement the Stepping Stones program with a young autistic child or a non-speaking autistic individual of any age, whether at home, school, or in a therapy setting.

What you will gain

Whether you're a family member, educator, or therapist, you'll walk away with renewed confidence and a deeper understanding of how to navigate the world of autism. By the end of the workshop, while not yet an expert, you will have gained invaluable insights and skills needed to support the growth and development of younger children and non-speaking autistic individuals, and to guide them through a Davis® Stepping Stones Program, making a profound difference in their lives .

Insights, strategies and support

Attending this intensive five-day workshop will enable you to:

- Gain invaluable insights into the unique needs, challenges, and gifts of younger children and non-speaking autistic individuals.
- Discover effective alternatives to behaviorism and rote learning, making learning interactive, meaningful, and enjoyable.
- Explore effective strategies for promoting communication and social development in younger children and non-speaking individuals.
- Learn practical techniques for supporting self-awareness and managing sensory sensitivities as well as sensory and emotional regulation.
- Understand the core principles and steps of the Davis Stepping Stones program. Discover how it helps autistic individuals under the age of 8, or those with very limited language, to develop the foundational life lessons needed to complete essential early childhood development stages, unlocking the potential of every child, regardless of their communication abilities.
- Gain experience of how to implement engaging and developmentally appropriate learning experiences effectively, including through creative, hands-on approaches that ensure the learning is truly mastered and can be transferred across a variety of situations.
- Learn how to facilitate essential skills for promoting independence and autonomy in daily routines and activities, setting your child on a path towards a fulfilling and self-determined life.
- Gain practical mental strategies for self-awareness, self-regulation, and managing sensory experiences, ensuring you remain calm and relaxed while working with your child.
- Cultivate a supportive network of peers and professionals to share experiences and resources beyond the workshop setting.

What is covered in a Davis® Stepping Stones Workshop?

This comprehensive two-day workshop equips you with the knowledge and tools to confidently take someone through the Davis Stepping Stones Program to help them to participate more fully in a life in the ways they choose.

The workshop covers the four-steps of the Davis Stepping Stones Program:

Step 1: Tools for you

You will learn two mental strategies to help you remain calm and relaxed while working with the participant*. These tools are called 'Release' and 'Dial'.

Release

Release allows you to ease any stress, tension or anxiety you may be feeling. Autistic individuals are often highly sensitive to their environment and the emotions of the people around them. When working with autistic individuals, if we are feeling anxious we can inadvertently add to their own sense of anxiety. Maintaining a calm state provides a calm environment for the participant and enhances their receptiveness to learning.

Dial

Dial helps you to determine and self-regulate personal energy levels. This promotes positive interactions with others, particularly the individual receiving the program.

Both Release and Dial enable co-regulation– the process whereby you can use your own sense of calmness to help the participant manage their emotions, in turn fostering self-regulation skills.



"As you co-regulate with someone, the mirror neurons in their brain are activated, and this enables the person in the deregulated state to literally 'mirror' your calmness."

Caroline Leaf, PhD

Step 2: Awareness of Self

The participant needs to be gently guided through a process that helps them become more present in the world. They develop accurate perceptions and gain an awareness of Self.

You will learn how to share the following tools with the autistic individual:

Auditory Orientation:

The participant listens to a specifically engineered sound through headphones leading up to and, if necessary, during program sessions. This auditory stimulus – affectionately referred to as the 'Davis ting' was designed by Ron Davis to help each individual to develop accurate, stable perceptions and an awareness of being separate from others.

Release:

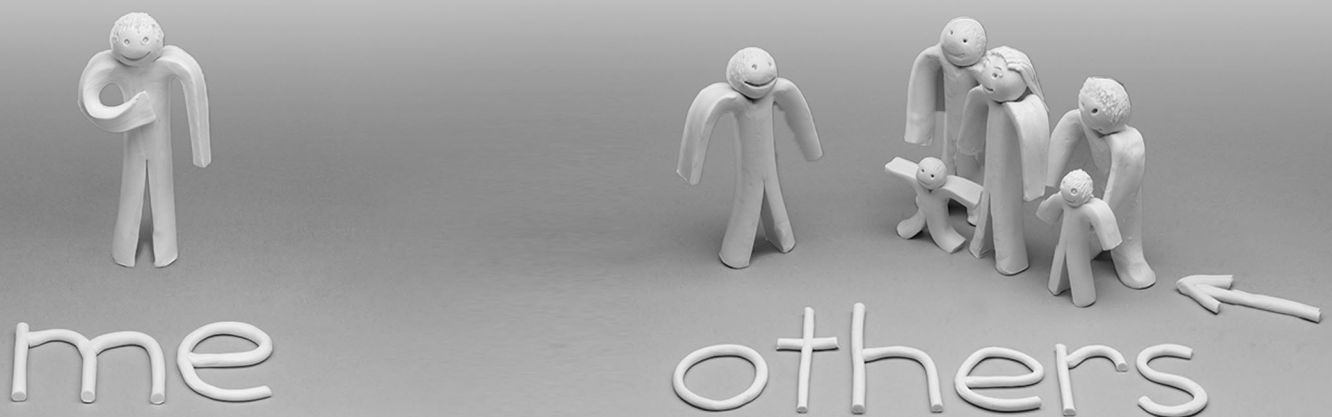
A self-regulation tool to help the participant manage stress and anxiety levels.

The concept of 'self':

The idea of 'self' or 'me' is introduced to the participant, guiding them to make a 3D model that represents themselves in modelling clay.

Following that, the idea of 'another' and 'others' are also gently introduced using 3D models.

Plenty of time is spent doing fun activities, exploring the idea of self, another, and others in daily life.



Step 3: Davis Stepping Stones Life Concepts

Once the participant has developed more accurate perception and is more present in the world, we can help them to learn foundational life concepts that they may not have picked up previously.

The focus of the Stepping Stones life concepts is to facilitate solid understanding of some fundamental concepts, as they relate to oneself and to others.

The workshop will cover how to teach and actively create with the participant the following essential life concepts, using simple, engaging demonstrations, along with the visual, hands-on method of making concept models using plastilina clay:

- change
- consequence
- cause and effect
- before and after

Creating each concept in a 3D, visual form provides an effective foundation on which to allow the participant to start to think with the idea in their day to day life.



Step 4: Integration of Essential Life Concepts in Daily Life

The most effective way to consolidate learning is for the participant to have many meaningful, fun experiences of these life concepts.

In the workshop, you will be taught how to create meaningful, positive learning experiences in the home, school or external environment to actively explore these life concepts. This enables the child 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.

"A really great program that makes sense from the start. The kind of idea that makes you wonder why you hadn't thought of it before, but leaves you really excited at the prospect of trying it out."

Stepping Stones Workshop Participant, UK



What are the options for attending a Davis[®] Stepping Stones Workshop?

We have experienced, skilful presenters who regularly deliver the Davis Stepping Stones Workshop in many countries. You can chose from two different workshop options depending on what best suits your needs.

Option 1

In-person

2
day

workshop

Attend a workshop
at a physical venue

Option 2

Online

2
day

workshop

Attend a workshop
online, from the comfort
of your home or office

"This workshop was inspiring, informative, and some of the best professional development we have experienced around the areas of autism. As adult learners, we felt valued and inspired to move forward with your program."

Teacher, New Zealand

Contact Us

to find out more about the
Davis[®] Stepping Stones Workshop



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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'