

# **Joanne Lara's Autism Movement Therapy Empowers Autistic Children Through Music and Movement**

*Autism Movement Therapy® (AMT), the first therapy designed for individuals with autism that combines movement and music, is proving to be one of the most effective ways of stimulating communication between the left and right hemispheres of the brain by actually bridging the two sides of the brain to increase overall cognitive processing.*

Van Nuys, Calif. ([PRWEB](#)) October 24, 2007 -- According to the Autism Genetic Resource Exchange, autism strikes 1 in every 150 children born in the United States at an annual cost of \$90 Billion in subsequent research, education and care. Recent studies indicate that bridging the left and right hemispheres of the brain allows information to be exchanged through transmitters that otherwise may remain dormant in children with autism. Autism Movement Therapy® (AMT), the first therapy designed for individuals with autism that combines movement and music, is proving to be one of the most effective ways of stimulating communication between the left and right hemispheres of the brain by actually bridging the two sides of the brain to increase overall cognitive processing. AMT literally awakens the brain by introducing a structured and fun form of therapy through music, dance and improvisation

Developed by Joanne Lara, M.A., Autism Movement Therapy combines a structured program of movement and music, connecting the left and right hemispheres of the brain for a "whole brain" cognitive re-mapping approach that significantly increases concentration, focus and social interaction in the child.

AMT is a natural strategy for individuals with autism with limited speech and language communication skills, allowing them to express themselves through music and dance while simultaneously

**experiencing the thrill and joy of moving their bodies and developing a sense of self-determination and independence.**

**"AMT is the perfect solution for working with your child, student or client and assisting in the way that they interact with their peers, work in groups, and perform academically in the classroom," stated Joanne Lara. "AMT allows you and your child or student to creatively move to structured sequences and patterns in your home, office or classroom for just fifteen minutes per day, two or three times a week."**

**About Joanne Lara, M.A.**

**Joanne Lara earned her M.A. in Special Education, Moderate/Severe & Multiple Disabilities at California State University, Northridge and has a B.A. in Dance from the University of South Florida. She has a California Mod/Severe Education Specialists K-12 teaching credential and taught for over 10 years in the Los Angeles Unified School District, working exclusively with students with autism. Ms. Lara is the founder of Autism Movement Therapy®, a successful innovative movement and music strategy technique integrating movement and music to unlock and increase communication skills and cognitive awareness in individuals with Autism Spectrum Disorders.**

**Ms Lara lectures at conferences throughout the US and is a faculty member in the Special Education Department at National University in Sherman Oaks, Los Angeles.**

**<http://www.autismmovementtherapy.com>**

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