



Davis Concepts for Life[®] - Early Years Workshop

Beginning Steps to the Davis Concepts for Life Program

DAVIS® LIFE CONCEPTS - EARLY YEARS WORKSHOP

Experiencing challenges in life is not limited to those with a diagnosis. Many children experience difficulty with executive functioning, elevated stress and anxiety, difficulty with focusing on tasks and conversations, regulating energy and emotions, managing behavior, and creating positive relationships.

Often, these challenges can be associated with a different way of thinking, learning, and seeing the world – neurodiversity.

The great news is that neurodiversity brings with it so many gifts and talents – we know that your child has much to offer the world, and we want to help you unlock the gifts of their neurodiversity.

We are delighted to offer the Davis Concepts for Life – Early Years program, which has been developed with a unique approach that is gentle, respectful, and that really makes a difference. The program is grounded in our philosophy of embracing and celebrating neurodiversity, respecting every individual, nurturing growth, and building on each child’s strengths to overcome challenges.

We have over 80 licensed Davis Concepts for Life Facilitators worldwide, in 17 different countries, in 11 different languages, who have helped thousands of individuals and their families to participate more fully in life, their way.

We know you will have been searching for the right support your child. The Davis Concepts for Life – Early Years workshop may be just what you are looking for. It is a revolutionary program created by a neurodiverse individual for neurodiverse individuals.

This program can support you on the journey of understanding neurodiversity, celebrating all of the unique gifts that come it, and finding ways to unlock the potential within.



By the end of the workshop, you will have all you need to support a child effectively – guiding them to increase their self-awareness, improve self-regulation, manage their behavior in a more positive way, and better understand how their actions can impact on others – all without losing their beautiful uniqueness and identity.

You can help your child unlock their knowledge and capabilities with our specialized three-day Davis Concepts for Life – Early Years Workshop.

This course has been specifically designed for family members, educators and therapists. Our experienced and skilful presenters provide a supportive learning environment that empowers you with the Davis Concepts for Life tools and techniques to create inspiring change in your child's future.

The Davis Concepts for Life – Early Years Workshop is rooted in our philosophy of embracing neurodiversity, respecting every individual, nurturing growth, and building on strengths to overcome challenges.



“If you eliminate the reason the problem exists, the problem ceases to exist.”

Ron Davis, Neurodiversity Revolutionary

Who can attend a Davis Concepts for Life - Early Years Workshop?

- This workshop is suited to a family member, educator or therapist working with a child (or children) under the age of eight who struggles with focus, behavior, relationships, self-regulation, executive functioning, or meeting developmental milestones.
- These children may not have autism (or be formally diagnosed as having autism), however, they may be experiencing similar challenges in some aspects of their lives.

What kind of results do people see with the Davis Concepts for Life - Early Years program?

Children who have completed the program have experienced many changes. Some of the most significant improvements reported back to the Foundation include:

- better self-regulation (can calm themselves down)
- showing much less anxiety
- reduced stress
- less resistance to change
- a willingness to try new things
- increased capacity to play with others
- increased understanding of cause and effect
- can follow instructions using the ideas of before and after
- improved behavior
- will go along with others' ideas/suggestions in groups and when playing
- understands why – improved reasoning, and
- willing to share own ideas

"Hayden was this year's recipient of the Avery cup. You should have seen him jump ten feet high. He gave us all the thumbs up on stage! He has never had a prize at prize giving. Thank you for believing in him. He has really stepped up this year."

Angela, mother



What is covered in a Davis Concepts for Life - Early Years Workshop?

The purpose of the Davis Concepts for Life – Early Years Program is to provide powerful solutions and wrap-around support for children who are struggling with focus, behavior, relationships, self-regulation, executive functioning or meeting developmental milestones.

The three-day workshop takes you through every step of the program, providing you with comprehensive training on how to best work with a child at home, school or in a therapy setting.

The workshop covers the four-steps of the Davis Concepts for Life – Early Years Program:

Step 1: Tools for the Helper

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

Release allows you to ease any stress, tension or anxiety you may be feeling. Neurodiverse individuals are often highly sensitive to their environment and the emotions of the people around them. When working with these children, 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 helps you to determine and self-regulate their personal energy levels. This promotes positive interactions with others, particularly the participant 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.

*Participant’ is the term being used to describe the individual being taken through the program.

“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: Self-regulation Tools for the Participant

The participant needs to be gently guided through a process that helps them become more present in the world, develop accurate perceptions, and begin to regulate their energy and emotions.

In the workshop, you will learn how to guide the participant to use the following tools:

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 participant to develop accurate, stable perceptions and the ability to achieve a calm focus.

Release

A breathing tool for relaxation, relieving tension and to help manage stress and anxiety levels.

Dial

A mental imagery tool used to help monitor energy levels and maintain rapport with others.

Self-Orientation

This consolidates the feeling of focus established by the Auditory Orientation, and enables the participant to achieve and maintain focus without needing to use the auditory orientation sound.

Koosh ball exercises

A fun, interactive way to practice maintaining focus, while strengthening neural pathways and improving balance and co-ordination. These exercises can be practiced with the assistance of the Davis Facilitator and/or the child’s support person.



Step 3: Davis Early Years Life Concepts

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

In the workshop, you will be taught how to facilitate the learning of these life concepts, as they relate to self and others. This is Achieved through explicit teaching of each concept. Each concept introduced through demonstration and experienced together with the child in a fun way that appeals to their interest. Then the child is guided to create a clay model of their own choosing, which visually represents that concept for example, They may choose to depict the life concept of these concepts include:

- Self
- another /others
- change
- consequence
- cause and effect
- before and after
- time
- sequence
- order and disorder



Step 4: Integration of life concepts

The most effective way to consolidate learning is for the participant to have many fun and meaningful experiences that serve to embed a practical understanding of how each life concept exists in the world.

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 participant 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.

You will also be shown a method of how to guide the participant towards making good behavior decisions that are more likely to create positive outcomes for themselves and others.



WHAT ARE THE OPTIONS FOR ATTENDING A DAVIS CONCEPTS FOR LIFE – EARLY YEARS WORKSHOP?

We have experienced, skillful presenters who deliver the Davis Concepts for Life – Early Years Workshop in many countries. You can choose from two different workshop options depending on what best suits your needs.

Option #1 – In-person 3-day workshop

Attend a workshop at a physical venue.



Option #2 – Online 3-day Workshop

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



"Yesterdays meltdown resulted in my daughter being able to tell me she was on 'Dial 9' – so I could discuss this with her. Wonderful program you have. Thanks so much for giving us a daughter we can now talk to."

Mother of a 6-year-old girl

"The program gave us ways of questioning the 'hows' and 'whys' of difficult concepts, events and situations, and began to give my daughter both a sense of independence and ability to relate to others. Our facilitator was incredibly patient and allowed us to explore the content of sessions rather than direct us to a particular outcome."

Mother, Davis Concepts for Life client



CONTACT US

To find out more about the Davis Concepts for Life – Early Years Workshop
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