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## PRESS RELEASE

### FOR IMMEDIATE RELEASE

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### **Revolutionary Autism Movement Therapy® Classes to Be Held at Denise Gucwa's School of Dance**

#### **First Certified Location in Pennsylvania**

**Lederach, Pa – July 14, 2010** –Autism Movement Therapy (AMT) incorporates movement and music in collaboration with Positive Behavior Support (PBS) strategies to assist individuals with Autism Spectrum Disorders (ASD) in meeting and achieving their speech and language, social and academic goals. In September, Denise Gucwa's School of Dance (DGSD) in Lederach, PA will be the only place in the state where Autistic children can enjoy and benefit from AMT classes.

Autism is the fastest-growing developmental disorder in the country, with a registered growth rate of 10% to 17% every year. Joanne Lara, AMT creator and Professor at National University explains, "AMT is an empowering sensory integration strategy that connects both the right and left hemispheres of the brain which can significantly improve behavioral, emotional academic, social, speech and language skills." The program can be used with kids as young as age three but works for teenagers as well. AMT consists of a warm-up, stationary movement, locomotion movement, improvisation and relaxation and cool down.

Owner and teacher of DGSD, Denise Gucwa and teacher Jessica Dull recently traveled to California for training and are now certified AMT teachers. "We expanded our dance instruction offerings to include AMT because we want to provide a new and unique resource for helping autistic children in Montgomery County be the best they can be. This program allows kids to have fun with music and dance while interacting with their families. Not only can they engage in a typical, age-appropriate and social activity – dance, AMT may preclude the development of behavior challenges, often associated with Autism. When I read the success stories on Joanne's website I knew I had to bring this special solution to our community."

Autism Movement Therapy classes will be held at Denise Gucwa's School of Dance, Route 113 in The Village at Lederach Complex starting September 13. For more information or to register, please visit [www.deniseschoolofdance.com](http://www.deniseschoolofdance.com) or call 215-262-4938. For more information on AMT, please visit <http://autismmovementtherapy.com/site>

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