

Castle Hill Speech and Occupational Therapy

INSIDE THIS ISSUE

Meet our staff

We have a lot of new faces! Follow this series to learn a bit more about our amazing staff.

We are expanding

We are so fortunate to announce that we are expanding to a new location! Meet our new place.

New services: What are they?

We are introducing a new therapy service: Music therapy and Behaviour therapy.

Parent testimonials

We are so lucky to have so many beautiful families use our service- read what some of them have to say!

“Autism is an important part of who I am and I wouldn’t want to change it because I like the way I think.” – Temple Grandin



SPRING NEWSLETTER 2020

Welcome back for another issue of Castle Hill Speech and Occupational Therapy newsletter! There has been a lot happening for us since our last issue and we cannot wait to update you all. Sit back relax and please enjoy!

SPRING 2020



FIRST AND MOST IMPORTANTLY: THANK YOU TO ALL THOSE WHO PARTICIPATED IN OUR HALLOWEEN DRESS UP COMPETITION

We have loved seeing all the wonderful costumes and creative outfits that our clients have donned and cannot wait to announce the results!

No spoilers here but watch our social media for announcements!

And please enjoy our some of our staff getting into the swing of Halloween:

Left to right we have our speech pathologist Jared, behaviour therapist Angelina and receptionist Kristy.



MEET OUR STAFF AND NEW SITE

As we are sure you are aware, we have been fortunate enough to expand our practice to a new location as well as expand our staff since the last issue of this newsletter. We have been lucky enough to introduce a new speech pathologist, introduce new services such as music therapy, and behaviour therapy as well as expand our administrative staff to keep up with the demand. We are so thankful to all our families that have made it possible for us to expand and thankful for the opportunity to offer these services in aid of their children our clients.



As exciting as these changes are, there are some changes that are sad to see- we are farewelling one of our Occupational Therapists Sophia. We have loved having her with us since our doors opened in February and are sad to see her go, she has been a wonderful therapist for so many of our families. We wish her all the best and are excited to follow her career.

Pictured at our new site 11a Hudson Ave are some new and old faces. Left to right:

Eudora one of our 4 music therapists, Jared speech pathologist, Angelina behaviour therapist, Michelle one of our receptionists, Madellen receptionist, Sophia Occupational therapist, Kristy receptionist.

New Services: What are they?

We've introduced some new services to our practice: music therapy and behaviour therapy. Both are evidence-based practices that help children.

MUSIC THERAPY

We believe in the benefits of music therapy! It is an evidence based clinical use of musical intervention to improve quality of life.



Research has shown that music therapy improved skills in:

- Speech, communication and social skills
- Body movement, coordination and function
- Memory and attention
- And improved the quality of parent-child relationship

Music therapy is wonderful for children with Autism Spectrum Disorder (ASD) or any child that needs an extra boost in the above areas.

Pictured is one of our music therapists Alice with Zion, enjoying a session!

If you are interested in reading more deeply into music therapy research specifically for children with ASD please follow the link to a systematic review:

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD004381.pub3/full>

or see reference: Geretsegger, M., Elefant, C., Mössler, K. A., & Gold, C. (2014). Music therapy for people with autism spectrum disorder. *Cochrane Database of Systematic Reviews*, (6).

BEHAVIOUR THERAPY

Behaviour therapy focuses primarily on how negative behaviours are reinforced (often unintentionally) which in turn increase the frequency of the unwanted behaviour. Therapy then aims at introducing a new wanted behaviour, rewarding it and thus extinguishing the unwanted behaviour.

Behaviour therapy is appropriate for:

- Autism Spectrum Disorder
- Developmental delays
- Attention Deficit Hyperactivity Disorder
- Oppositional Defiance Disorder
- Anxiety
- Learning difficulties

Pictured: The room set up for one of Angelina's behaviour sessions.



Parent Testimonials

We are so proud of the work we do at our practice and are so passionate about the way therapy can empower families to take back control of their lives. Below we have a testimonial from one of our families that we have been working with since April 2020.

NICOLE'S TESTIMONIAL

I have twins: a boy and a girl, they are 2 years 10 months. They have Autism level 3 and global developmental delay. They started therapy in April of this year with Mary and Laman, both speech therapists and Sophia the Occupational therapist and I can honestly say that these 3 women are amazing, they are changing lives. In a matter of months my daughter has gone from saying only 15 words to over 80, her eye contact has improved dramatically, she can now complete puzzles independently, point to her body parts and name them and point them out on other people.

My son has a very severe speech delay, this has caused him great distress as he knows what he wants but has trouble communicating it. Before therapy, he would hit and push me if he wanted something. Now he takes my hand and leads me to what he wants, he is much happier, and he is saying words of things that are important to him. He is not throwing his toys nearly as much anymore and is beginning to learn how to play with toys appropriately.

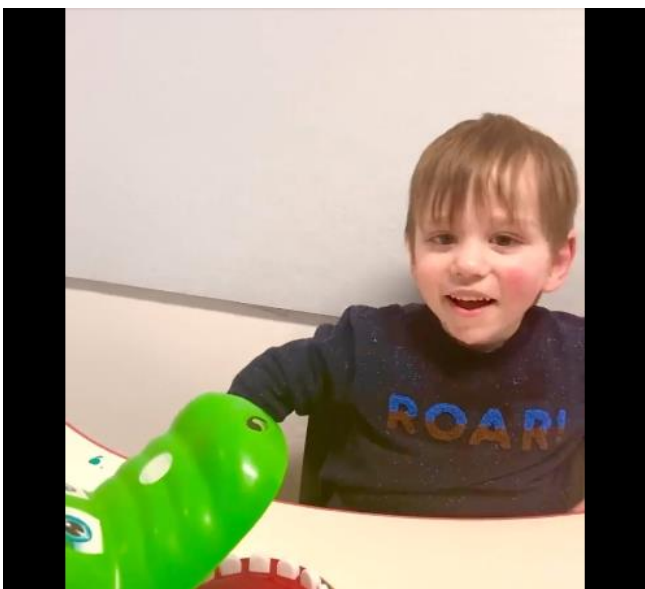
My twins are absolutely thriving in therapy.

The receptionists Michelle and Madellen are also great, the first thing my son does when we arrive is go behind the reception desk to say hello, he loves it as they greet him in such a welcoming manner.

The reports I received from this practice when it came to NDIS reviews were at such a high standard that they both received intensive NDIS plans.

For the first time I feel excited for my children's future and for our family. I cannot thank these brilliant women enough.

Tate in a session with Mary



Chelsea in a session with Laman



Staff spotlight: Meet Angelina our Behaviour Therapist

Angelina is our behaviour therapist. She is passionate about working with children who present with behavioural issues.

Angelina is a trained ABA therapist. She will also be undergoing training in ESDM, Early Start Denver Model.

Behaviour therapy focuses primarily on how negative behaviour can be altered to allow children to respond to situations more positively.

Angelina will be working closely with our speech, occupational and music therapists. This will ensure that all goals, behaviour techniques and generalization strategies are the optimised for each child.



And that's a wrap!

That brings us to the end of the Castle Hill speech and Occupational Therapy Spring 2020 newsletter we hope you have enjoyed it!

For more information, to make any inquiries or for suggestions on what you would like to see in our next issue please do not hesitate to reach out to us on the following:

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✉ Email: info@castlehillsspeech.com.au

📍 We can also be found on our:

WEBSITE



www.castlehillsspeech.com.au

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Thank you from all of us here at Castle Hill Speech and Occupational Therapy Mary, Madellen, Michelle, Kristy, Mary, Jared, Laman, Sophia, Parvathi, Angelina, Talitha, Eudora, Alice, and Viktorija

We will see you next time!