

Qigong Sensory Training for Autism Spectrum Disorders

Saturday, August 13, 2011

10:00 a.m.

ARRO Westside Family and Community Center
2360 SW 170th Beaverton

Free

About Qigong (CHEE-gong) Massage:

Parents can implement a simple, effective Qigong Massage Program in the home that has been scientifically proven to reduce autistic behavior and tantrums, and to aid in social and language learning.

Several research studies, including a randomized, controlled design study, have been conducted to date on the effectiveness of Qigong Sensory Training (QST) for autism spectrum disorder. At the end of five months of QST therapy, treated children show improved behavior and social/language skills, and decreased sensory and self-regulatory impairment, compared to the children in the control group. Learn more at www.qsti.org



About the Speaker:

Kathryn Taketa, N.D./L.Ac. Candidate 2011

Kathryn graduated in June 2011 with her doctorate in naturopathic medicine and master's degree in Oriental Medicine from the National College of Natural Medicine (NCNM) in Portland. Her interest in autism spectrum disorders was borne of her experience growing up with a brother on the spectrum. She is a certified Qigong Trainer and has written her thesis on the use of Chinese medicine to treat autism spectrum disorders. Prior to attending NCNM, Kathryn earned a bachelor's degree in speech-language pathology while completing pre-medical coursework. She currently sees patients at Kwan-Yin Healing Arts Center in Portland, and in October 2011 will join the practice Sacred Healing Arts in Honolulu, Hawaii.