



Davis Concepts for Life® Workshop

Empowering individuals with neurodiversity to participate more fully in a life they choose

DAVIS CONCEPTS FOR LIFE® WORKSHOP

Experiencing challenges in life is not limited to those with a diagnosis. Many of us experience difficulty with executive functioning, elevated stress and anxiety, difficulty with focusing on tasks and conversations, regulating energy and emotions, managing behavior, and maintaining 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 you (or someone you are supporting) has much to offer the world, and we want to help you unlock the gifts of neurodiversity.

We are delighted to offer the Davis Concepts for Life 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 person'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 that you will have been searching for the right support for you – or someone you are supporting. The Davis Concepts for Life program 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 of the tools and materials you need to take an individual (or yourself) through the Davis Concepts for Life Program – facilitating the journey to overcome challenges associated with executive functioning, build a greater sense of self, improve self-regulation, manage stress, increase focus, improve organization, enhance relationships, and take more responsibility for personal growth.

The Davis Concepts for Life Program developed for anyone wanting to create meaningful change in their life.

As they progress through the program, clients have the opportunity to work on their goals by experiencing, reflecting on and mastering a series of essential life concepts, which they model in plastilina clay and then explore in the world around them. This structured-but-flexible process promotes self-responsibility and personal growth.

Highly trained and caring Davis Concepts for Life Facilitators work individually with each client, so the program is delivered at each participant's preferred pace and can be tailored to their specific needs and goals.



"I can't believe how life-changing these concepts are. I use them all of the time in my life now - it is just so easy to take responsibility for things that had always seemed impossible before."

Davis Concepts for Life client

Who can attend from a Davis Concepts for Life Workshop?

Family members, educators and therapists of individuals over the age of eight, who experience challenges with executive functioning skills, stress and reduced focus, and/or who struggle with forming and maintaining relationships and managing their behavior.

Adults who are not on the autism spectrum (or have no formal diagnosis of ASD)

- struggle forming and maintaining positive relationships, or
- wish to create meaningful change by exploring the mechanics that make up motivation and self-responsibility and then applying these to their daily life for self-development, or
- experience challenges with executive functioning skills, stress, reduced focus and behavior management. In particular, this workshop will be of interest to individuals who have already tried conventional therapies, such as cognitive behavioral therapy, to address these challenges, with little or no results.

"It feels easier to be me."

Davis Concepts for Life client

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

Adults who are not on the autism spectrum (or have no formal diagnosis of ASD)

- increased self-awareness
- better able to manage stress
- an increased ability to focus for periods of time
- able to monitor and self-regulate their energy levels
- improved ability to listen and take in what is being said
- greater insight into the relationship between cause and effect
- improved time management
- better organization and ability to complete tasks
- the ability to establish order in their environment and daily life
- awareness of the role that emotion plays in self-motivation
- the ability to apply a framework to establish self-responsibility
- recognition of different types of relationships, and what constitutes acceptable behaviors within them, and
- the enhanced ability to make decisions based on what is right or wrong for Self.

WHAT IS COVERED IN A DAVIS CONCEPTS FOR LIFE WORKSHOP?

This comprehensive five-day workshop equips you with the knowledge and tools to guide someone (or yourself) through the Davis Concepts for Life Program, in order to help them to create meaningful change in a life they choose.

The workshop covers the three-steps of the Davis Concepts for Life Program:

Step 1: Self-Regulation Strategies and Tools

In the workshop, you will be given a personal set of tools (mental strategies) to help you remain calm and relaxed while working with the participant*.

You will then learn how to guide the participant to use the following self-regulation tools in order to become more present in the world, develop accurate perceptions, gain an awareness of self, and develop the ability to regulate their focus, stress and energy levels:

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 support person.



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

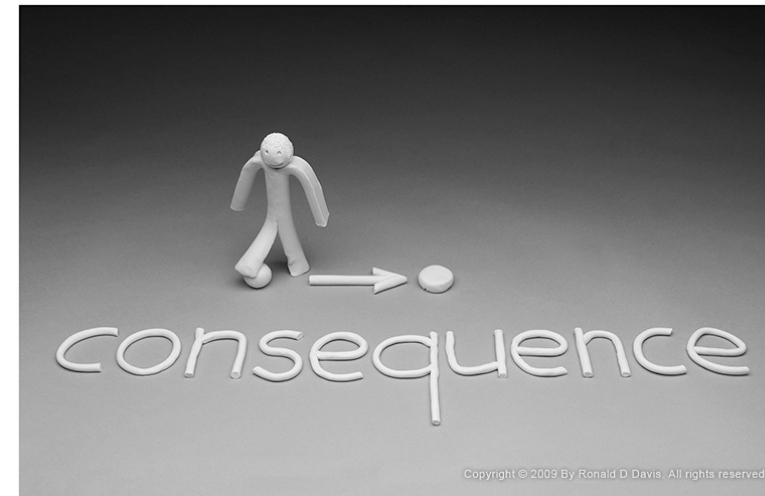
Step 2: Davis Life Concepts

This component of the program instills missing life concepts by using the multisensory medium of plastilina clay to model core concepts and capabilities.

Within the workshop, you will be taught how to facilitate the learning of these life concepts.

The workshop will cover how to:

- Actively create the following fundamental life concepts and capabilities using the engaging hands-on method of modelling with plastilina clay:
 - change, consequence, cause and effect, before and after, time, sequence, order and disorder
 - continue, survive, perception, thought, experience
 - energy, force, emotion, want, need, intention
 - motivation, ability, control, responsibility
- Create meaningful, positive learning experiences in the home, school or external environment to actively explore these life concepts. This enables the individual 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.
- Help an individual to establish order in their physical environment by learning how to use the concepts to establish order, determine order, and create and maintain order
- Support an individual to develop self-responsibility. You will learn a strategy to foster self-responsibility through identifying which life concept/s are missing and thereby preventing or limiting that individual's capacity for self-responsibility.



Step 3: Implementing meaningful change

This stage of the Davis Concepts for Life Program focuses on helping the individual to apply the concepts in their life to create meaningful change.

The workshop will cover how to facilitate the participant through the following exercises:

Establishing order in the physical environment

Learning how to use the concepts to establish order, determine order, and create and maintain order.

Strengthening executive functioning skills

Developing and integrating the core concepts to improve self-regulation skills.

Developing self-responsibility

Identifying which life concepts may have been missing or only partially integrated in the person's life, and learning a strategy to foster self-responsibility by applying these newly mastered concepts in real-world situations.

Strengthening executive functioning skills

Exploring concepts that create foundations for positive, healthy relationships and behaviors with others.

"Davis Concepts for Life gives a good structure about yourself and the world around. You can explore need and want, intention and motivation, urge and emotions, perception, knowledge, order, responsibility, relationships - concepts that give you the power of control your life. You can build the life you want and relationships based on your own preferences."

Davis Concepts for Life Workshop participant

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

We have presenters throughout the world delivering the Davis Concepts for Life Workshop. You can choose from two workshop options depending on what best suits your needs.

Option #1 – In-person 5-day workshop

Attend a workshop at a physical venue



Option #2 – Online 5-day Workshop

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



"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

“Our lives are now ‘normal’ – we laugh as a family, we cry as a family, we encourage one another, we strengthen one another. We hadn’t experienced that before. I would encourage any family struggling as we were to consider exploring Davis Concepts for Life.”

Mary Martin, mother (and now a Davis Concepts for Life Facilitator)



CONTACT US

To find out more about the Davis Concepts for Life Workshop
admin@rdautismfoundation.org



[@rondavisautismfoundation.org](https://www.facebook.com/rdautismfoundation.org)



[@rdautismfoundation](https://www.instagram.com/rdautismfoundation)



[@DavisAutism](https://twitter.com/DavisAutism)