

The Neurological Damage Caused by Repetitive Behavior Modification Based Therapies in Autism and the Myth of “Early Intensive Intervention” in Autism

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Introduction

“Insanity is doing the same thing over and over again and expecting different results” - Albert Einstein

This article highlights how repetitive behavior modification based therapies in autism such as ABA (Applied Behavior Analysis) is causing damage to the brain and stunting the growth and creativity of the autistic child and how “Early Intervention” in autism with these kinds of “Intensive” therapies is actually delaying the recovery of the autistic child from the limiting symptoms of Autism.

Repetitive behavior modification based therapies in autism and neurological damage

Any therapy in autism that does not show results right from the first session of therapy or at least after a few sessions, should raise the question if that therapy is actually working at all?

In other words, repeating more and more of the same repetitive and often strictly enforced regimented and routine “therapy” that is either not showing any results or causing worsening of the symptoms is a clear indicator that it is causing more harm than good. And this damage is caused as a result of “hard wiring” of those erroneous pathways in the brain formed due to the repetitive behaviors as administered by the therapy under rigorous conditions, often with an uninterested and “uncooperative” child. This causes stress and leads to stunting the growth and creative abilities of the autistic child.

With more and more individuals with autism who, after experiencing months and years of therapies such as ABA “coming out” and sharing that ABA has caused even more severe disorders such as OCD (Obsessive Compulsive Disorder) and PTSD (Post Traumatic Stress Disorder) in them [1,2], the time has come to stop forcing on the autistic child, those methods being used in autism therapy that is either showing no result and/or is causing damage to the brain of the child with autism, sometimes “permanently” and “irreversibly”.

The Myth of “Early Intervention” in Autism with “Intensive” Methods and Applications

The important question that needs to be asked when one talks of “Early Intensive Intervention” in autism is - what kind of early intervention is one talking about?

In other words, it is the method and type of early intervention, and most importantly, it is the “energy pattern” of the person administering such early intervention that determines whether that particular “early intervention” will actually result in the autistic child being able to recover from the limiting symptoms of autism, and recover without any residual brain damage or not.

For example, in most cases, “early intervention” through repetitive and behavior modification based methods have actually worsened the symptoms of autism in all the children whom I have had the opportunity to heal when the parents have approached me for healing when they were able to identify and then recognize that the “conventional early intensive interventional methods” such as ABA and in some cases even OT (Occupational Therapy) and speech therapy were, in fact, worsening the symptoms in their child with autism.

In almost 90% of these cases, “early intervention” with methods such as ABA has actually stunted the growth, development and progress of the children with autism by “hard-wiring” the faulty /erroneous patterns of repetitive behavior (of the therapy) in the child, making the child function and behave like a robot ! In other words - “perform on demand when a button/trigger” is pushed in the child. These cases need to be taken into account on a case by case basis as emphasized by the re-defining of EBM (Evidence Based Medicine) in autism as explained in the article under Reference number 2 below [3].

The main reason for the same is stress, which shuts down the brain and causes it to function from a fight/flight response and makes them perform actions in a “robotic” manner shutting down the centers of creativity and preventing new, healthy neural networks from being formed in the brain. These therapies when forced upon the autistic child by way of “Intense” hours of therapy, makes them feel they have absolutely no control over their own lives with the strictly regimented therapy hours dictating their “routine”.

In my experience as a healer healing children with autism from all over the world on a daily basis, I am seeing this particularly with treatment methods such as ABA, regardless of the country where this is being applied.

The current methods of "early intensive intervention" in autism are being administered starting from the age of 18 months and involves many techniques of behavior modification, that invariably include ABA as one of the components. These interventions are being administered to the autistic child for a period of 20 to 40 or more hours per week.

It is a well-established scientific fact that the brain development in a child is maximum between the ages of 0-5 years of a child's life with a growth spurt happening between 3 to 5 years where 90 to 95% of the neurons in the brain organize to create neural networks and pathways in the brain. This is facilitated by engaging with the child and building a healthy approach to interacting and teaching the child with more hours of relaxation, sleep and rest and lesser hours of actual "teaching time". When it comes to autism, by definition, every child on the spectrum is unique and therefore the "teaching time" and the play/leisure/sleep/rest time needs to be customized for the specific and unique needs of each child with autism. In addition to this, this "structure" needs to be modified on a weekly, or even daily basis, taking into account all the factors that the child with autism finds challenging to comprehend and deal with on a daily basis [4].

This being the case, it is a myth that hours of "early intensive intervention" that are highly structured and rigorous, with greatly reduced play/leisure/sleep/rest time is actually beneficial for the autistic child. Not only this, it is also a well-established scientific fact that the neural networks that are strengthened in a child's brain are those that are repeated over and over again. This is termed as "hard-wiring" in the brain. Techniques such as ABA and other behavior modification based methods emphasize on repeating specific behaviors in a "trigger/stimulus-reaction" robotic fashion with hardly any room for the creative use and expression and wiring of the brain. When this is being done on a daily basis starting as early as 18 months of age, it causes immense stress in the child. What is erroneously being reported as "improvements" in the autistic child in some studies on these kinds of methods is actually a "stunted growth and performance" brought on by the repetitive stress in the child as a result of administering these methods. These improvements are actually accepted as "improvements" due to the collective agreement by the parents and those administering the behavior modification methods as they are already conditioned to think that the child was "lagging behind" in the first place, while all that the child required was more opportunity for relaxation and more freedom to allow for the natural development of the brain! The child would have developed normally, and in many cases, even exhibited their "genius" capabilities had they not been subjected to these kinds of methods.

This Myth of necessity for "early intensive intervention" in autism is being dispelled by the latest methods of treating autism with cutting edge techniques such as applied energy

medicine and applied intentional epigenetics (these techniques and Intent Healing™ have been explained in detail in the article under reference [5]) where even older adolescents with severe autism are experiencing complete recovery from all the limiting symptoms of autism over a span of time ranging from 20 to 30 days [5]. This is possible taking advantage of the ability of neuroplasticity in the brain that helps in re-wiring the brain and overcome the effects of the erroneous neural pathways created by repetitive behavior modification therapies including ABA.

In my own personal experience applying Intent Healing™ in healing the limiting symptoms of autism, I have successfully healed cases of "severe autism" in adults, within a span of 20 days in two cases, where all the limiting symptoms disappeared completely and these adults are now thriving for the first time in their lives.

Downtime or many hours of leisure and "doing nothing" is extremely important for the autistic brain to have the energy to take in, process, comprehend, assimilate and integrate what is being taught. I have explained this in detail in my article under reference number 5 below [6].

Countries such as Finland where the education system is such that there are more hours of play time and leisure incorporated in the schooling system itself, with no homework is actually showing immense benefits in the growth and development of children in a holistic manner with healthy and creative minds that is empowering these children to Thrive in society.

Then the question arises as to what about those cases where "early intervention" with methods such as ABA, which involves repetitive behavior modification where the child with autism has actually shown improvements?

The answer to this lies in the points below:

1. It is the energy of the therapist that matters, and not the ABA or other such behavior based techniques by itself.

Two things happen when a child is put on "Early intervention"

More individual attention for the child. This by itself shifts the energy positively for the child, provided the person engaging on a one on one basis with the child is focused on the child coming from a state of energy alignment within them first.

Less stress on the child to "match up" to what would most often be expected from his peers in a "regular" mainstream school?

2. The kind of "early intervention" that actually works:

Any method that actually brings about a positive shift in the energies of the child primarily is what works in autism.

The next question is - How does one identify those methods that work?

The only way to do that is by realigning one's own energies first so that one is able to know which method will work for

their child. This is the fool-proof method of identifying what is best for each child as this helps the person/parent/caregiver to access the wisdom and intelligence that is already there within each one of us and engage in following one's own inner guidance system completely free from the Filters of fear and doubt and the like that would otherwise color the person's ability to judge/discern (if one tries to "guess" from a non-aligned state of energies).

If the energies are not aligned First before making a decision, the parents invariably end up following the "trial and error" approach (in most cases) and then end up going round and round in circles resulting in the loss of money, energy and time, completely stressed, exhausted and ultimately confused in the process.

What helps in guiding the parent/caregiver choose the "right" "early intervention" method that is specific for their child with autism?

Intent Healing™ method of re-aligning the parents energies first works best by shifting them to a stress-free state of clarity and knowing as to which approach will work best for their child [7,8].

This results in the parent(s) being their own authority in autism healing for their child. This is explained in detail in the article under reference 6 in this article. One can read the same for a complete understanding of how one can see the results of each child with autism becoming free from the limiting symptoms of autism right from day one of applying the Intent Healing method of "autism intervention" [9].

Conclusion

When repetitive behavior-based treatments in autism are not showing any results and in fact causing worsening of the symptoms in many children with autism after hours and years of such sessions, it is time to stop, think and question the validity of continuing such treatments. This would be the "scientific" way to move forward. "early intensive intervention" in the treatment of autism using these methods often, if not invariably, results in delaying the speedy recovery of the autistic child from all the limiting symptoms of autism,

in addition to causing "permanent", and in many cases "irreversible" brain damage. Only those interventions in autism that are actually showing results in the form of the limiting symptoms of autism disappearing right from the first session, or within a few sessions of applying the same should be tested on a case by case basis and applied in the treatment of autism. Re-alignment of one's energies with Intent Healing™ which is based on the cutting-edge science of applied intentional epigenetics and applied energy medicine helps parents of children with autism gain the clarity and knowing as to which therapy is best suited for their child specifically, as every child with autism is unique.

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