**Spectrum Therapeutic Theatre**

**For Children and Teens with Asperger’s and High Functiong Autism**

**and**

**passion for creativity**

**Director: Caroline Paltin, Ph.D. Licensed Psychologist**

**Now Enrolling!**

**Limited Space**

**Next Group begins Wed March 14th 4-5:30pm in Orange CA.**

**Spectrum Therapeutic Theatre provides weekly therapeutic encounters for children with Asperger’s and High functioning Autism to develop social skills, increase self confidence and make friends through theatre games, music movement and scene development.**

**Developed by Caroline Paltin Ph.D. a licensed psychologist with over 20 years of experience in clinical psychology and years of theatre and music training and experience. Watching her son with Asperger’s develop into a talented young singer, pianist, composer and performer, inspired her to bring this create a program using theatre and therapy for individuals on the spectrum . This program utilizes the elements of theatre arts to bring forth the creative abilities of children and teens with spectrum disorder conditions. In therapeutic theatre arts, kids learn social skills in a fun rewarding and safe environment.**

**The program is staffed by Dr. Paltin and a team of creative, caring and skilled individuals with training in psychotherapy, theatre, music and the arts. A unique aspect of the program is the use of “neurotypical siblings” as “shadows” to our creative performers, who serve as supports and models. These siblings attend free of charge. Last Day of Program -On our final day, there is a demonstration by the actors in which friends and family are invited to attend and celebrate their success, creativity and new found skills.**

This exciting program incorporates use of theatre arts, music and movement to engage participants in developing social skills and social awareness. Participants gain confidence, social skills and the ability to express themselves creatively in a supportive and dynamic environment. They discover new skills, and flexibility in their behavior. They discover hidden talents, or find a place to express the one’s they have.



**Spectrum Therapeutic Theatre**

**Register Now!  
Space is limited  
$50 off registration if received by February 27, 2012  
  
Space is limited in Groups. Groups are open to ages 8-14 and 12-17. Registration is now open for the March 2012 Session. Tuition is $400 (works out to $50 per week), and is payable at time of enrollment We can also help you check if your insurance will provide partial reimbursement.**

**Neurotypical siblings attend free of charge in a limited number of spaces reserved for "sibling shadow performers".**

**Groups are held Wednesdays 4:00 to 5:30pm**

**Groups are 10 weeks in length. Participants may enroll for new ten week sessions as many times as they like. In Orange CA. Dr. Paltin utilizes a meeting space at the First Presbyterian Church in Orange, which is directly across from her Private Practice, in Orange’s historic district.**

**Start Date: Wednesday, March 14th 4 to 5:30pm.**

**Dr. Paltin meets individually with all members and their families in a private session to discuss details and get to know their individual needs. The cost of this meeting is included in program tuition.**

**To Register, or for more information, visit Dr. Paltin’s website at** [**www.carolinepaltinphd.com**](http://www.carolinepaltinphd.com)

**or call or e-mail at (949) 203-1595** [**carolinepaltinphd@yahoo.com**](mailto:carolinepaltinphd@yahoo.com)

**Benefits of Therapuetic Theatre Arts with Asperger’s/Autism:**  
Many children and teens with Asperger’s and high functioning Autism possess strong drives toward creativity. Whether it is singing, acting, playing an instrument or story-telling, theatre arts applied in a therapeutic process will allow them develop skills and abilities that reach far beyond the group experience. Some of these benefits include:  
  
self-confidence not only in performing, but in interactions  
improved self-esteem; pride in their accomplishments  
improved recognition of emotions in others  
improved identification and labeling of own emotions  
improved identification of emotions of others, and skills in facilitating interpersonal exchange and perspective-taking  
developing a hobby they enjoy  
new awareness of voice pitch volume, modulation of speech and voice  
new skills for functioning in group activities  
new skills in following directions  
improved interaction with peers  
increased self-confidence through success

Empirical Research on applications of theatre arts in treatment of Autism <http://www.ncbi.nlm.nih.gov/pubmed/20640592>

**This is not a behavior management program, and not suitable to those who are unable to function adequately in group environment. Members must be able to take direction and function in a moderately independent with in a supportive environment. If you have questions regarding this contact Dr. Paltin to consult about your child’s skills and abilities.**

Dr. Caroline Paltin is a licensed Psychologist in Orange CA. She has worked in private practice for many years with a variety of populations, specializing in treatment of trauma abuse and those with Asperger’s and Autism. She is past committee Chairperson for the Saddleback Valley PTA Council, Special Education Committee, a position she create, where she developed and launched a successful and ongoing network of Special Education Chairs at schools throughout Saddleback Valley Unified School District. The program provides direct intervention and advocacy programs to promote tolerance and inclusion for children with special needs. In her private time, she serves on the Board of Directors for Children’s Theatre Workshop, a non-profit theatre program, where she enjoys her hobby as an actor in CTW’s traveling shows. Dr. Paltin also enjoys facilitating Madonari Street Chalk Painting festivals, which she has had the great pleasure of bringing to several elementary schools, foster homes, and other community organizations and synagogues. In addition, Dr. Paltin is Founder and Facilitator of the **Mindful Life Focus Community**, which creates an ongoing encounter of individuals deepening their sense of the lived life via therapeutic exploration of the arts, music and literature. More on this can be found at [www.mindfullifefocuscommunity.com](http://www.mindfullifefocuscommunity.com)



Bringing together my passions for theatre music and the arts with therapeutic experiences for those who might not other wise have an opportunity to explore these aspects of themselves is a wonderful experience. I invite you to e-mail or call to find out more about igniting the talents within your child or adolescent as we develop life skills and self awareness in this unique and innovative approach.

**Caroline Paltin Ph.D. Licensed Psychologist # PSY 14274**

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