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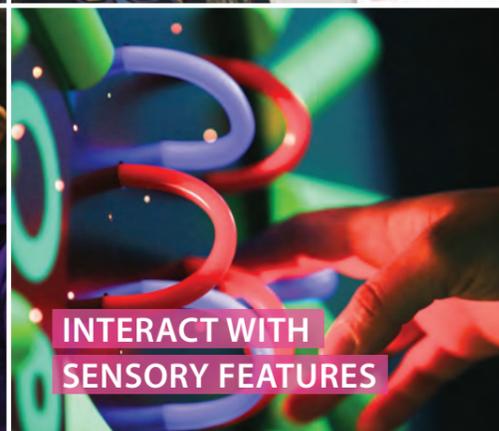
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Therapy



Gentle touch:  
a child holds  
Louisa Silva's  
arm while  
she carries  
out massage  
therapy

was not difficult to learn the programme and to get into the daily routine.

And they were glad they did. It gave them something to do every day to help their child progress, and something to reset their child's behaviour when they were having a bad day. Everyone talked about how much closer it brought them to their child, and what a relief that was.

Treating the sense of touch with a 15-minute daily massage might seem like a very simple solution to autism, but it is an essential one.

If a child has hearing or vision loss, development falls behind and behavioural problems continue until the loss is identified and corrected. The same is true for

“The sense of touch can return 100 per cent to normal after 1-2 years of a daily 15-minute tactile stimulation protocol”

touch. Young children need all their senses in order to learn and develop normally.

We recommend that as soon as autism is diagnosed, the sense of touch be evaluated, and parents be trained in the QST home programme. The programme should be continued until touch returns to normal.

## Resources

New scientific findings can take 20 years to spread into general use. You don't have to wait for this. For parents who don't have access to a trained QST therapist, we have written a parent training handbook and DVD. You can learn to do this yourselves and many parents already have.

We also created a journal with weekly letters to encourage you to keep going during your child's first year of QST massage. And we have social stories to explain the massage to your child, as well as a self-care qigong DVD to help you relax and focus. This and information about professional training programmes is available on our website at [www.qsti.org](http://www.qsti.org)

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[www.autismeye.com](http://www.autismeye.com)

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