



the
transforming
autism
project

Charity Overview

January 2020

The Transforming Autism Project is a new autism charity with a focus on early detection and intervention.



This document outlines the charity's foundations—our vision, mission, values, strategic objectives and activities, as well as what is distinctive about us.

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Our Mission

UNLOCKING POTENTIAL THROUGH EARLY INTERVENTION

Redefining Autism and empowering Autism Parents & Carers to transform their children's lives through real understanding and nourishing trust-based relationships from as early as possible.

REACHING FURTHER

PROFESSIONAL SUPPORT

Online tutor-led courses & support materials, leading eventually to face-to-face training for nurseries and schools.

AWARENESS CAMPAIGNS

To spread awareness of key autism parenting themes and of our distinctive and empowering perception of autism.

PARENTAL SUPPORT

AUTISM PARENTING HUB

Innovative interactive portal to support and guide parents by the hand, simply and easily, through all they need to best support their children.

PARENT SUPPORT

Therapist-led ongoing groups, where autism parents can share and be guided on strengthening relationships with their children.

DIRECT EARLY INTERVENTION

MIFNE

Hands-on therapy using the natural, transformative and highly successful Mifne Method for very early intervention (up to 2 years).

CHILD THERAPY

Valuable psychotherapy in the home, creating safe environments and building strong trust-based relationships to nurture development.

Strategic Objectives

Dramatically and tangibly improve the quality of life of autistic children in the UK, as measured by their own and their families' assessment through:

- ▶ Family services to ensure parents fully understand their children's needs and are able to create nourishing **trust-based relationships** and safe environments for them
- ▶ **Support for parents** of young autistic children (**The Hub and other services**)
- ▶ Provision of our own **high-impact intervention (The Mifne Centre)**
- ▶ Proposing a **unique and empowering perspective** on autism that **challenges conventional conceptions**
- ▶ Awareness Campaigning on all of the above and on the **power of early intervention**
- ▶ Eventually bring about mainstream take-up of the **Mifne Method across the UK**



Our Strategy

We have a **3-phase strategy** to bring about the changes that we require. In parallel to this work, we will continue to provide valuable online materials and media to help parents and others to truly understand the autistic condition, and how best to optimise the lives of autistic children.

PHASE 1: DIRECT FAMILY SERVICES:

We're aiming to have raised the money to launch our **first direct services to families on a pilot basis during 2020**.

These will include:

- **Parent/Child Services in the Home** - Our therapists will visit family homes to work with the parent and child together (there could also be a remote video-based option for distant families).
- **Parent Support and Development Groups** - Weekly ongoing groups for parents, led by a specialist child-psychotherapist to learn from each other and from their own experiences, as they put these principles into practice at home through the programme.
- **Expansion of our Webinar Programme** - Our existing webinars have been going down really well - we want to offer them more often and in different formats, with a greater variety of therapists and covering a much wider range of issues.





Uniquely, these services will all focus on crucial factors for a child's wellbeing that are traditionally neglected by conventional approaches, but which we understand to be central to the optimal development of a child. Key amongst these are:

- Helping parents to **understand their child's experience and what they are attempting to communicate**
- Helping parents to know and feel confident in **understanding & responding to their child's needs**
- Creating a **nurturing trust-based relationship** between parent and child
- Creating a **safe, accepting environment** around the child, free of over-stimulation

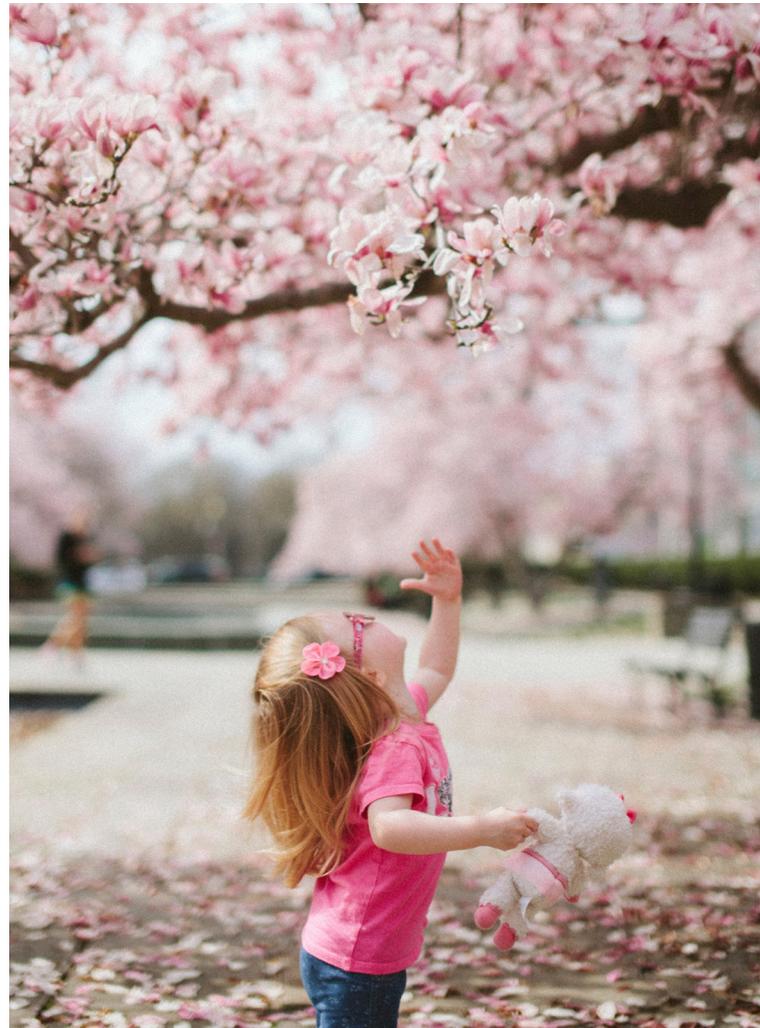
The aim is that the child's anxiety is dramatically reduced, as they feel their home environment is safe and joyful, and can spend more of their energy discovering and growing into their true potential, rather than battling with frustration and disappointment **at feeling unheard and misunderstood**. The relationship between parent and child and the quality of life of the whole family can only benefit from this in a very significant way, as can the future prospects of the child. Our goal is to truly unlock their potential!

PHASE 2: THE TRANSFORMING AUTISM PARENT HUB:

This will be a life-changing online comprehensive support Hub for Autism Parents.

It is disturbingly and overwhelmingly common for parents of autistic children to put all their energy into having to chase a diagnosis (rather than supporting their child) and then once it is given, to be left with little or no meaningful guidance on how best to care for them. The idea of our **Autism Parenting Hub** is to address precisely this issue, and to provide extremely comprehensive, structured, easily-navigable, engaging and trust-worthy guidance, resources, tools and other support, and to include a strong community element for mutual support and sharing. One of the Hub's guiding principles is to take parents by the hand through their Autism Parenting journey so that their energies can be used primarily for their children. Both will benefit immeasurably.

Incredibly, **nothing like this currently exists**. We have so far been very fortunate to receive pro-bono support from Accenture and Karmarama to help us scope the Hub concept with a sample of Autism Parents to be sure it reflects the real needs of the community and is delivered in a way that works best for them.





PHASE 3: THE MIFNE CENTRE

Our ultimate goal is to open of a **UK-based Mifne Centre**. Israel's Mifne Centre has been running for more than 30 years and provides transformative intervention at a very early age (up to 2 years), **when it is still possible to achieve profound lifelong changes**. It is a natural psychotherapy-based approach which works by skilfully creating a safe environment around the child, and then building a strong trust-based relationship with them to evoke their inner-resources to interact naturally with the world around them. **88.3% of children** who go through this treatment go on to be fully functioning in mainstream schools, mostly without any additional support needs, indicating the potential to save enormous amounts of money through their lifetime on top of the incalculable human benefits.

Many autism charities offer valuable positive experiences to autistic children and critical respite care for their parents. We believe that Transforming Autism is unique in that we begin from the assumption of **great potential inherent within each child** and focus on bringing this out in order to foster greatly improved quality of life and future prospects.

Our Values



UNCONDITIONAL RESPECT

- **KINDNESS** - Active and constant interest in each other's welfare and how best to promote it. Unquestioning acceptance of the inherent and equal value of each person, regardless of their attributes and character.

- **TRUST-BASED COLLABORATION** - True sense of team unity and keen mutual empowerment in all actions. Authenticity in our activities, intentions and feelings. Being consistently true to our word. Resilience having the courage to keep trusting others and to honour the trust placed in us.

- **RESPONSIVITY** - Constant alertness and responsiveness to others' needs while anticipating and being open about our own needs, treating both as equally important. Being open, constructive and considerate about any



COURAGE

- **PIONEERING BIG THINKING** - Thinking outside traditional constraints to realise a belief in what is possible (and beyond). Questioning established assumptions, unafraid to modify or build from scratch to ensure efficacy and distinctiveness. Openness to unconventional goals and routes, irrespective of traditional approaches.



Watch our CEO explain what's behind these values.

Our Values

- **AMBITION** - Uncompromising aspiration. A focus on excellence in all areas and on abundant possibilities rather than on any limitations or apparent scarcity - to allow full potential to be revealed and keenly pursued.

- **PERSPECTIVES, NOT POSITIONS** - Approaching issues and decisions not with fixed opinions that we need to defend, but rather with perspectives on what seems to us to make sense, to enrich and be enriched by others' perspectives.



PURPOSE

- **POSITIVE APPROACH** - A firm focus on the positives of any situation rather than what's difficult; and on what we can achieve rather than what we can't, overcoming any obstacles along the way.

- **OWNERSHIP** - Firmly owning each activity we are engaged in, and determinedly seeing it through to the end, keeping others informed and carrying them with us. Seeing the charity as ours, and feeling a wish to contribute in a variety of roles.

- **CONTINUOUS LEARNING & IMPROVEMENT** - Actively seeking and implementing the lessons to be learnt from all our daily activities and experiences, in the enthusiastic pursuit of excellence in all areas.



Watch our CEO explain what's behind these values.

What is Unique About Transforming Autism?



EARLY INTERVENTION

The most profound and lasting transformations in a child's life can take place the earlier they are treated. Research by Israel's **Mifne Centre has demonstrated significantly better long-term outcomes** for children they treated between the ages of 1 -2 compared with 2-3. We advocate and enable detection of autism and treatment as early as possible through diagnostics, guidance and practical provision.



DISTINCTIVE AND EMPOWERING PERSPECTIVE ON AUTISM

First introduced in our TED talk, the perspective identifies that sensitivity (emotional as well as sensory) is **at the heart of the autistic condition**, and brings tremendous benefits and possibilities to us all. We see autism in this light rather than as a disability, and understand that the adversity that almost universally accompanies a life with autism is not a result of autism itself, but of a mismatch between the level of sensitivity of the autistic person and the prevailing culture in society. We have gained trust and support from many in the autistic community for this interpretation. Our approach to treatment is not at all to try to change a child's behaviour to what we think it 'should' be, but to **provide a safe and nurturing environment around the child** and to evoke their own inner-potential to live a fulfilled life.



MEANINGFUL SUPPORT FOR AUTISM PARENTS

It is a key priority for us to **empower parents** to understand their children in the light of this perspective. This is precisely the purpose of our initial parent services (parent groups, support in the home and the expansion of our webinar series), which we are currently looking to introduce on a pilot basis. These will be pioneering in that we are working not to change the child's behaviour into what we consider to be "appropriate", but to transform the relationships between autistic children and their parents, and in doing so, to give them a **safe space, free from anxiety and over-stimulation**, that will be the foundation of their natural development.

Beyond this, our **online Autism Parenting Hub** will address a surprisingly unfulfilled need for a fully comprehensive, easily accessible, thoroughly researched one-stop source of support and guidance on **all aspects of bringing up young autistic children**. In the meantime, we are increasing the very well-received material we offer parents, including webinars, articles, diagnostic support/tools, video interviews, awareness campaigning, etc.

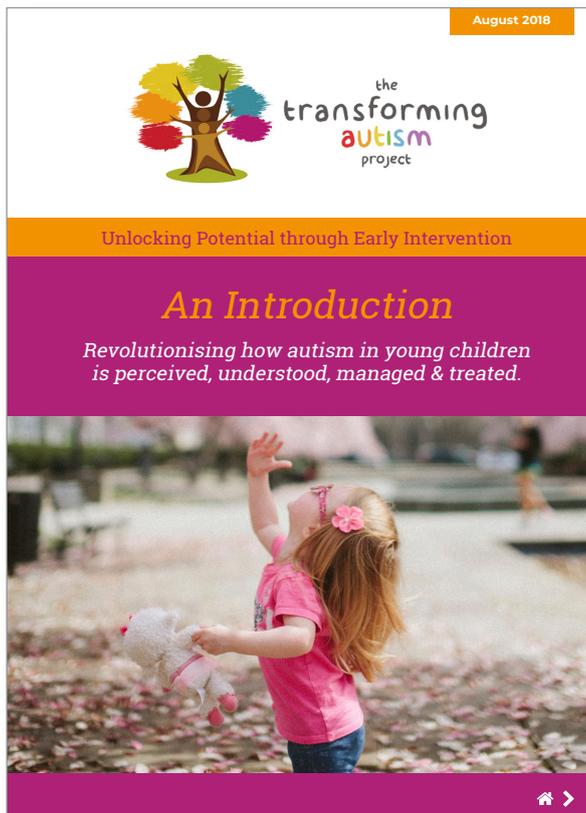


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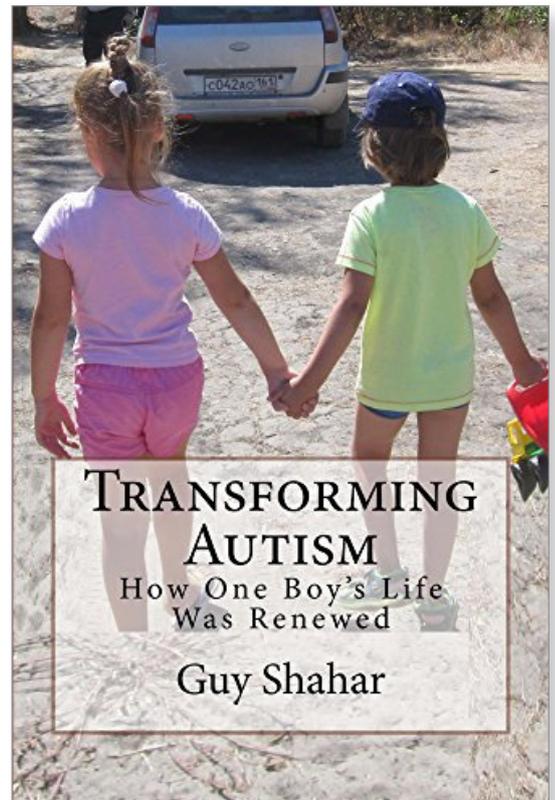
Our Mifne Centre, which have a long term goal to bring to the UK, will **aim to entirely transform a child's life** and eliminate the need for state care for life (currently averaging of £45,000 per autistic person per year). Despite the cost of a treatment (likely to be over £50k per family), it is likely to **save £2-3m per person** in care costs over their lifetime.



Watch our CEO's TED
Talk 'The Beautiful
Reality of Autism'.



*Find out more about our services
and the need for them in our
full brochure*



*Guy's book gives a detailed
first-hand description of his
family's experience at the
Mifne Centre, which was the
genesis of the charity.*

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 Our TED Talk

 Our Book

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