



Hello and welcome to the Simple Solutions video series. I'm Nicole Beurkens, Founder and Director of the Horizons Developmental Resource Center.

In this video series today, you will learn the biggest mistake families make when looking at treatment options for their child and 3 specific strategies to make life easier with your child right away. I'll give you a clue, they are simple, effective and don't require getting your child to do anything.

Who am I? As I said in my introduction, I'm Nicole Beurkens and I have over 15 years experience with individuals on the autism spectrum and with many other developmental disorders. You know we talk about things such as the increase of autism and Asperger's Syndrome, but actually we're seeing an increase across the board in all types of neurodevelopmental disorders. Everything from autism to ADD and ADHD, learning disabilities, epilepsy, cerebral palsy and all kind of issues. You name it and there are more and more children having these kinds of troubles.

Those are the kinds of kids, kids whose brain disorders impact their development that I specialize in. From a degree standpoint, I have Bachelors and Masters Degrees in Special Education and spent my early career working in public schools as a teacher; also as a consultant specifically working with school districts on how to best serve children with autism and other neurodevelopmental disorders.

Now I have my PhD in Clinical Psychology and I'm really passionate about bringing the combination of those two fields together. It brings a unique perspective to my work with families because I'm able to help them understand the school related issues that are going on with their child, as well as, help them from the standpoint of diagnosis and treatment that needs to be done outside the school setting.

I'm also the Founder and Director of the Horizons Developmental Resource Center. I started this clinic back in 2003 actually just as a small summer program in my home and it's grown into a very large clinic in the West Michigan area where we serve families both locally and around the world who have children impacted by a variety of neurodevelopmental disorders.

Let's jump right in and I want to share with you the biggest mistake that I see parents make when it comes to their child. That is looking at and choosing treatment options without really knowing what needs to be treated!

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Now if your child has been through the diagnostic process, maybe you have a report or multiple reports giving you labels for your child and then making recommendations and treatment. But those treatment recommendations tend to be very generic; things like speech or occupational therapy or behavior therapy. And let me tell you that generic kinds of treatment approaches and generic recommendations can lead to a lot of lost time, money, energy and emotion in families.

We need to really help parents look at exactly what needs to be treated for their child and choose treatment options that will be a good match with that. So we're going to talk about that a little later. But if I can even help you with avoiding making this one big mistake, it will definitely be worth your time to watch the rest of the video series.

So coming up in this series, I'm going to teach you three important strategies that will make life easier for you and your child. Who doesn't want that, right? Whether you're the parent of a child that has a more severe disability or a moderate disability or let's face it you're just a parent with typical kids looking for a way to make life easier with them, I'm going to give you 3 great strategies.

All you need to do is check your email in two days for the next video where I will discuss the simplest and most important change, I believe you can make to improve your child's development and make your life as a parent easier.

I'll see you in the next video.

My Best,



Nicole Beurkens, PhD
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