

# Holly Bridges

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**Australian, European and US Book & Speaking Tour, 2019.**

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**Available for radio, TV and print/digital media interviews**

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Holly Bridges has an Australian degree in psychology and the author of "[Reframe your thinking around Autism](#)" - the book that started a new movement for a more inclusive and progressive approach to autism and Asperger's Syndrome.

"Imagine viewing autism from a new perspective", says Holly "...from "what's wrong" to "how to help those on the spectrum grow and thrive; gaining new insights of how the body influences the mind; to harmonize the body with the senses, and clear the mind." [See video](#). [See webpage](#).

She has had a lifelong passion for neuroplasticity and working with the body/mind & thrives on making complex psychology simple and available to lay people.

*Holly Bridges has developed an innovative, new therapy that has been recognised in an ['Excellence in Innovation Award'](#) by the Western Australian National Disability Service, 2018.*

Her Autism Reframe Technique [[See Video](#)] is the foundation of a therapy regimen [[See Video](#). [See Webpage](#)] that has taken her on a journey of three continents [[Tour Webpage](#)] and touched the lives of thousands of people on the autism spectrum, and their families.

"Anxiety, depression and symptoms of autism originate in the body, the nervous system. I work to gently restore the nervous system in people with ASD", says Holly. "I'm having results with adults on the spectrum that defy current outcomes in traditional therapy."

Holly has seen young non-verbal clients for a single session and they have begun talking. She explains this not as a miracle but a function of the nervous system being in a “better place”.

## Video

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[[Video](#)] About ‘Flight or Fight’ for those with autism

[[Video](#)] About ‘Reframing Autism’, at Asperger Experts 2017

[[Video](#)] The remarkable benefits for those on the spectrum

[[Video](#)] Autism Reframe Technique , interview with client Piers Randell

[[Video](#)] Janeie and Kathy Proff (mother and daughter) discuss the benefits of Holly’s program

[[Video](#)] Nicky and Eli (mother and son) on the outcome of a therapy program

[[Video](#)] Bryson (adult on the spectrum), on the benefits of Holly’s program

[[Video](#)] Nicole (adult on the spectrum), on the benefits of Holly’s program

[[All Videos, including testimonials](#)]

[Webpage [FAQs and Scientific Basis](#)]

[Webpage [Blog & Podcasts](#)]

## Bio

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Please [[See Webpage](#). [See Video](#)]

## SUMMARY BIO

Holly Bridges is an Australian therapist, keynote speaker and the author of the internationally acclaimed book, 'Reframe Your Thinking Around Autism'.

Holly has developed the Autism Reframe Therapy program (A.R.T.) which incorporates the principles of co-design and brain plasticity.

She works with families and practitioners, teaching techniques that help to restore the connection between the brain and nervous system.

Holly has had a lifelong passion for working with the body/mind and she thrives on making complex psychology simple and available to people. This impulse to simplify and convey has taken her on a vast journey where she is now a leading light in autism therapy.

Through her critically acclaimed book, Holly has helped thousands of parents, autists, educators and therapists perceive a more positive and helpful way of perceiving autism, and she has affected hundreds of families from the severely challenged and non-verbal, to adults with Asperger's, right through to the very young with her simple and effective A.R.T. techniques

## Contact

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