

Holly Bridges

European and US Book Tour 2019/21, Media Release

Available for radio, TV and print/digital media interviews

Holly Bridges is the Australian 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.

After graduating from Australia's ECU with a degree in psychology Holly was employed in private and government organisations, working creatively with disadvantaged youth.

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."

She has personal references from experts in the fields of psychiatry, neuroplasticity and disability [full references below]

“Holly has a gifted presentation style that enables her to communicate the optimistic and important principles of the Polyvagal Theory..... (she) continues to refine her clinical style, embodying aspects of Polyvagal Theory, that enable her to support her clients’ journey to have richer lives..”

~ Stephen W. Porges, PhD

“Holly is one of those rare “translators” of science into application and practice. She teaches professionals and families and supports those with developmental difficulties with deep understanding, passion and care. She is a gift to our work.”

~ Dr. Gerard Costa

“...her teaching creates such a resonance in her audience : it rings true, and one can feel that her heart is in it. This is clearly illustrated in the grateful and highly positive feedback she receives...”

~ Dr. Maarten Aalbeerse

Her work has been acknowledged by the Australian government's disability insurer for 'Excellence In Innovation' [full details below]

“Ms Bridges won the award for her neuroplasticity work that helps people with disabilities improve their physical and social presentations. Ms Bridges has also been recognised internationally for her book ‘Reframe Your Thinking Around Autism’ which outlines this work.”

~ NDS Commission Secretary Kane Blackman

Professional references

Stephen W. Porges, PhD

Distinguished University Scientist

Founding Director, Traumatic Stress Research Consortium

Kinsey Institute

Indiana University Bloomington

Professor of Psychiatry

University of North Carolina at Chapel Hill

“I became acquainted with Holly in 2014, when she contacted me to evaluate a prepublication copy of her book, *Reframe Your Thinking Around Autism: How the Polyvagal Theory and Brain Plasticity Help Us Make Sense of Autism*.

Since I developed Polyvagal Theory, I was curious how she would distill the concepts of theory into an accessible volume that would be helpful to those on the autism spectrum, their families, and the therapists and educators who support them. In reading her book, I realized that Holly had a gifted presentation style that enabled her to communicate the optimistic and important principles of the Polyvagal Theory.

Holly continues to refine her clinical style, embodying aspects of Polyvagal Theory, that enable her to support her clients' journey to have richer lives and to experience the benefits being safe enough to co-regulate with others.

Focusing on witnessing the client's biobehavioral state and providing cues of safety through own presence and accessibility, she has successfully expanded the range of the social behavior and resilience”.

[contact details on request]

Dr. Gerard Costa

Director, Centre for Autism and Early Childhood Mental health.

Montclair State University, New Jersey.

“Holly is an incredible thinker and a sought-after consultant and interventionist with neurodiverse children and families. However her skills as a writer and presenter are extraordinary. She is warm, engaging and energetic with the capacity to teach about very complex topics in very understandable ways. One of her special gifts as a presenter is her use of simple line drawings of human and brain/nervous system structures and functions, making the complex interactions come alive, making incredible sense to participants with varying levels of knowledge. Holly is one of those rare “translators” of science into application and practice. She teaches professionals and families and supports those with developmental difficulties with deep understanding, passion and care. She is a gift to our work.”

[contact details on request]

Dr. Maarten Aalbeerse

Prominent somatic therapist, France

“Just like Prof. Porges himself, I keep on being impressed how Holly manages to present the very complex model that is Polyvagal Theory in a way that makes it both accessible and immediately relevant to persons who often don't have an academic background. Holly has the skill to extract the essentials of this model without leaving out any of the main features of it, which is a rare accomplishment.

The fact that Holly can speak with great clarity and passion about the relevance of this work for persons who face incredible challenges, often without sufficient professional and social support, and provide apparently simple but highly effective tools for managing these challenges, is at least in part due to the fact

that she has personally experienced these challenges and has managed these much more successfully than most.

It also explains why her teaching creates such a resonance in her audience : it rings true, and one can feel that her heart is in it. This is clearly illustrated in the grateful and highly positive feedback she receives after her workshops and presentations.

Therefore, I cannot recommend her work too highly. It is unique, answers a big need in our society and does this with great skill, clarity, passion and humour."

[contact details on request]

Award

Excellence in Innovation Award

Australian Govt (WA) and NDIS (National Disability Insurance Scheme). [Link](#)

“The Insurance Commission of Western Australia (Insurance Commission) presented Koondoola therapist, Ms Holly Bridges, the inaugural Excellence in Innovation Award at the recent WA Disability Support Awards.

The Insurance Commission sponsors the award to promote **innovation in the care sector with the aim of increasing the independence of its clients.**

Ms Bridges won the award for her neuroplasticity work that helps people with disabilities improve their physical and social presentations. Ms Bridges has also been recognised internationally for her book ‘Reframe Your Thinking Around Autism’ which outlines this work.

Commission Secretary Kane Blackman congratulated Ms Bridges on the award and recognised her contribution to people with disabilities and their families.

“The Insurance Commission sponsors the Excellence in Innovation Award at the Disability Support Awards because we want to promote new and improved care approaches that can improve the lives of Australians.”

“Innovation is key in ensuring the disability sector continues to deliver effective and efficient outcomes to people living with a disability,” he said”

Video

[[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

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

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

[Webpage [Blog & Podcasts](#)]

Bio

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

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