



# *PACE Place Update*

Winter 2010, Issue 8

## *Contact Us*

Kathi Calouri, Ph.D.  
[kcalouri@paceplace.org](mailto:kcalouri@paceplace.org)

Eric Hamblen  
[ehamblen@paceplace.org](mailto:ehamblen@paceplace.org)

Steve Ryan, MA, CCC  
[sryan@paceplace.org](mailto:sryan@paceplace.org)

Deb Crowell  
[dcrowell@paceplace.org](mailto:dcrowell@paceplace.org)

## *Please Visit Us At*

[www.paceplace.org](http://www.paceplace.org)

**PACE Place**  
2360 SW 170<sup>th</sup> Avenue  
Beaverton, OR 97006

Phone:  
503.356.8334  
Fax:  
503.356.8726

## *College Admission Essay*

*I had the great privilege of meeting Nathaniel Williams (name changed for privacy) and his family when he was three years old and struggling with social and communication skills. Nathaniel is now a high school senior who has just finished the daunting task of applying to college. He applied to three colleges across the country and was accepted to ALL THREE. Nathaniel has graciously allowed me to print his application essay, which describes his early years of treatment and the impact on his life. I am proud to have contributed to his early progress and am eager to hear of his continued successes.*

*Congratulations Nathaniel !*

*~ Kathi Calouri*

Do this. This phrase holds the key to basic development. We copy, we imitate, and we “do” as others “do.” For me, “do this” was a gateway into the life I lead. It was my guide out of uncertainty and fear. It helped me become who I am today, and gave me a grateful outlook along the way.

In my early years, doctors noticed something subtly wrong. I was constantly getting sick and throwing up for no apparent reason. Although disconcerting to my parents, my symptoms decreased throughout my first year, and the concern soon followed suit. This changed when I reached the age of two, and it became evident that my speech skills were developing abnormally slow. Along with this were some serious balance issues, which led to numerous falls in my early childhood.

At first doctors assured my family that these symptoms were completely regular. Boys develop speech at a slower rate than girls they explained, especially ones with older siblings speaking for them. Along with my speech delay, I had trouble looking people in the eye, and didn’t react to normal social cues. After a while my behavior led some physicians to suspect autism. Yet half of the doctors maintained all was well and no testing was needed. Eventually they found a treatment that fit the complexity of my situation.

My early sickness had been caused by an allergy to milk. Increased fluid build up in my ears led to bacteria proliferating and resulted in severe chronic ear infections. These ear infections were connected to all of my behavioral and balance issues. I had been hearing as if I was submerged in water, unable to make out what the people around me were saying and how they expected me to react. I developed selective listening, lacking the connection and reward from speaking with others. My family acted decisively and quickly. By the age of three I had fully begun treatment.

Tubes were put into my ear canals in order to drain the fluid, I was taken completely off dairy, and I began speech and social interaction therapy. The physical treatment did its job fairly quickly; the social was more of a challenge. This is where “do this” began to play a role. Everyday I would be summoned over to my toddler-sized table to begin a series of drills.

**Continued on page 2**



*Seminars and Workshops*

**February '10: Minn, MN**

Immersion Workshop  
2/21/10 - 2/27/10  
With Dr. Kathi Calouri &  
Eric Hamblen

Please refer to our website for additional information and to register:  
[www.paceplace.org/register](http://www.paceplace.org/register)

**May '10: Seattle, WA**

Immersion Workshop  
5/16/10 - 5/21/10  
With Dr. Kathi Calouri &  
Eric Hamblen

Or, please contact Dr. Kathi Calouri with questions:  
[kcalouri@paceplace.org](mailto:kcalouri@paceplace.org)  
503.356.8334, ext. 2#

*Free Seminars*

With your help, we can set up a free seminar for your community. If you are interested in finding a free location and can help us advertise the event, please contact Kathi at [kcalouri@paceplace.org](mailto:kcalouri@paceplace.org).

*PACE Place Availability*

	<b>Weeks Available</b>
February 2010	<b>Fully Booked</b>
March 2010	Week of March 1
April 2010	Weeks of April 12, 19, 26
May 2010	Weeks of May 10, 24

*College Admission Essay* *(continued from page 1)*

“Do this” my mother would say. She would follow the request with numerous tasks-touching her nose, clapping her hands, or shaking an action figure. In the beginning I would just become upset. I would sit in a hot mess of tears and rebellion and refuse to comply. It was my mental state; I did not want to “do this”. I preferred playing with my toys, watching cartoons, or zoning out. I didn’t have a reaction to the statement. Yet I eventually gave in, and began to “do this”. Then doing “this” became the purest joy in the world.

It was a game filled with endless opportunity and many things to do. I held eye contact with those I played with, craving the reward it gave me to see them smile when I responded correctly. And “do this” was just the beginning. There was a world of language, skills, and connections to teach me.

**Continued on page 3**

*Remember the referral program for previous PACE Place families...*

**If you refer 2 new clients to PACE Place, the fee for your next visit will be \$3,000.** You may schedule your reduced fee visit after your two referred families have booked their visits. The Referral Program is valid through December 2010.

*Please Visit Us At*  
[www.paceplace.org](http://www.paceplace.org)

**PACE Place**  
2360 SW 170<sup>th</sup> Avenue  
Beaverton, OR 97006

Phone:  
503.356.8334  
Fax:  
503.356.8726



*College Admission Essay (Continued from page 2)*

“Show me the rake” asked my mother. In front of me would be three to four pictures of various items I was familiar with. With a sense of pride, I would gladly point out the rake.

“Very good, is this a rake?” After this she would hold one of the other pictures, like a dog or possibly my sister.

“No it is NOT!” I replied, gleeful and giggling. “This is a rake” I’d declare, handing her the correct one. The difference between these two exercises illustrates the difference between intuitive and expressive. Simply put, it defined what I knew, and what I could be vocal about. Numerous activities would follow, used for learning opposites, adjectives, verbs, and pronouns. Other activities showed me the use of “You” and “me”, stating what I am or am not, exclaiming why things happen, or vocalizing if I do or do not know.

I was given the basic tools of interaction and self expression. I began using more and more words in a real world setting. I became the king of spontaneous statements. Such as, “I like juice” or “I love you Mommy.” The therapy was always playful and full of joy. Naturally I wanted to experience it all the time. After many successful months, I was diagnosed “normal” at the age of four, and had no more need for assistance.

This story by itself holds no value. It is a technical explanation of medical success. My milk allergy is no longer an issue, and my social interaction is normal. Yet when I hear my parents reminisce about this time in my life, I can’t help thinking of the “what ifs”. Such as, what if I had been diagnosed too late? Many times, in cases such as mine, the diagnosis comes too late and the developmental door closes. Starting treatment when I did, my brain was still able to mold to a new way of doing things. As a child gets older the ability to break through becomes more difficult. I’m proud of the social individual I am and I hate to think of the ramifications if things had gone differently.

In my short span of a life, there have been few things that have drastically changed its outcome. Yet my whole life could have shifted because of this one. I was in a very particular situation that was handled in a very specific way. Any changes to this course could have resulted in a different Nathaniel Williams (name changed). These sessions, and the convenient timing of these sessions, gave me the bedrock of my perception. Because of my experience, I know I can learn anything or meet any challenge, because I have already beaten the odds. I am able to appreciate the little things, and I am glad to “do this.”

~ **Written by Nathaniel Williams** (name changed for privacy)

*Please Visit Us At*

[www.paceplace.org](http://www.paceplace.org)

**PACE Place**

2360 SW 170<sup>th</sup> Avenue  
Beaverton, OR 97006

Phone:

503.356.8334

Fax:

503.356.8726



*Brenda's Story of Success*

Thank you  
Nathaniel & Brenda  
for sharing your  
story.

If you have a story you  
would like to share in  
our next newsletter,  
please contact:

KathiCalouri at  
503.356.8334  
kcalouri@paceplace.org

*Please Visit Us At*  
[www.paceplace.org](http://www.paceplace.org)

**PACE Place**  
2360 SW 170<sup>th</sup> Avenue  
Beaverton, OR 97006

Phone:  
503.356.8334  
Fax:  
503.356.8726

I keep meaning to send you a note to tell you how great things have been since our visit to PACE Place. Robert's "distress" moments have dramatically decreased, but more importantly, my own distress over his distress is gone. I used to get frustrated or have this "here we go again" feeling whenever he would get upset. I couldn't **understand** it, and that affected my response. Now, when it happens, I see it as another opportunity to guide him through it. I know he needs QUANTITY of such experiences, so every time it happens, it isn't a bad thing; it just is. It's another opportunity to relax his vagal nerve response and show his brain a new response. I am SO much more confident in my parenting role. I see that it isn't my job to fix his distress. It is my job to keep him moving through the experience. I finally know how to be compassionate in other ways (besides comforting and soothing). I see that the amount (and kind) of attention we gave the situation was actually reinforcing that "such-and-such" really WAS a big deal. I didn't understand that I could actually guide his feelings- not through manipulation, but by being the strong, wise parent.

A few days ago, we were walking out of a building and something upset him (can't remember even what it was). His face dropped (which I now know means he is feeling flooded). I asked him, humorously, "Is your amygdala overwhelmed?" He said, "yes." I asked if he remember what you guys taught us (to divert the energy somewhere else). He said, "Think or move." I grabbed his hand and started running. It turned into a race to the car with us grabbing each other to trying to get ahead of the other with much laughter and silliness. By the time we got to the car, his distress was gone and forgotten. And we had a fun moment in the process. Total time elapsed was maybe 2 minutes. I didn't lecture him, didn't try to tell him how his feelings were irrational, I didn't cajole him or get angry. I didn't spend 15 minutes soothing and comforting him- I just ran. And laughed. I feel the power of my role now. I am his guide.

We are also much more conscious of putting Robert in positions of leadership and control. Coincidence or not, he has been much more connected with us. I often carry the Connector with me and end up not using it because he spends the whole time "with" me anyway.

Can't thank you all enough.

~ **Written by Brenda, Robert's Mom** (names changed for privacy)