

Mandi Freger to be Featured on CUTV News Radio

PITTSBURGH, PENNSYLVANIA, UNITED STATES, August 23, 2018 /EINPresswire.com/ -- Autism now affects one in every 59 children and one in every 37 boys, making it one of the fastest-growing developmental disorders in the U.S. Caring for children with autism can take an enormous emotional toll on the rest of your life, and can be challenging with respect to with interactions with others. To care for a child with autism, get as much help as you can, as soon as you can. Early intervention can give your child the best chance of fulfilling his potential.

Mandi Freger is licensed professional counselor specializing in energy psychology, more specifically as it relates to autism and those caring for children with autism.

"We're missing an enormous piece with parents, caretakers, and the family systems of those who are diagnosed with an ASD," says Mandi. "I realized I could do much more with energy psychology for caregivers and the family members who are caring for persons who are diagnosed with an ASD."



While energy psychology is a relatively newer field when compared to traditional therapeutic methods, Mandi has been trained in energy psychology from the very beginning of her career. Her first clinical mentor was one of the worldwide pioneers in the field of energy psychology. As a result, energy psychology was the first clinical modality that she had experience with. As Mandi worked in other types of behavioral health facilities, she was surprised to find that no one else used energy psychology. For her, using energy psychology was a "no-brainer."

"Traditional therapeutic methods were not as successful as I felt they could be," recalls Mandi. "To not use energy psychology felt like a step backwards."

At the same time, autism treatment had been starting to gain momentum in certain parts of the US.

"I was interviewing for the Director of Autism Services position in a hospital system which had later become affiliated with the Cleveland Clinic's Children's Hospital Center for Autism. I remember learning very quickly, that Energy Psychology was not an accepted modality in that program, but I knew it had a place."

Caring for children with autism can be quite intense; center-based programs like Mandi's were for kids who had the most intense behaviors and couldn't be managed in a public school setting. As a result, there was a high burnout rate among the staff.

"I could feel my staff's energy levels being down one day," recalls Mandi. "They were great performers at work, they loved what they did, but they said they were going home and they had a very hard time 'keeping it all together.' They were tired and drained. They were having a hard time functioning with their own families."

Energy psychology was totally off-limits with the approved protocol, but if she couldn't use it with the kids, she could use it with the staff and families. The results were astounding.

"I can't tell you how many parents say, 'When you're doing work on me, my child's behavior changes.'"

CUTV News Radio will feature Mandi Freger in an interview with Doug Llewelyn on August 23rd at 12pm EDT and with Jim Masters on August 30th at 12pm EDT.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Mandi Freger, visit www.mandifreger.com

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