

**Essay written by a 16-year-old girl for her 11<sup>th</sup> grade English class who completed the 9-week intensive treatment program and follow-up TU sessions in 2006.**

### My Life Changing Experience

When I was in eighth grade instead of going to the first quarter of school, I went to the Wellington-Alexander Center. The Wellington-Alexander Center is a neurodevelopmental assessment and treatment center. I went there because I had a language deficiency. I went to the center for five and a half hours a day, five days a week for nine weeks. The life changing experience at the Wellington-Alexander Center included intense language therapy to help retrain my brain to read and write better.

Even though the therapy was mentally very intense the environment was both supportive and caring. The close relationships that evolved between the therapists and me fostered a relaxing and homey-feeling environment. Knowing that the therapists were there for me and wanted to help me succeed also made the environment very comfortable. I think that this made it easier to work one-on-one with five different therapists and receive positive feedback from each of them. Each session was 50 minutes long. In between every session I would get a ten minute break. During these ten minute breaks I would get to play board games and card games with the therapists and the other kids that were there. This helped to form a greater bond between me and the ladies at the center.

I went to the Wellington-Alexander Center after school to form good and consistent study habits. At first I went for an hour three days every week. Then I went two days a week for the rest of eighth grade for an hour. I also went to the center this summer for four and a half hours a day for two weeks.

The confidence and self-esteem that I gained from the language therapy and my mentors at the center was life-altering. I am now more confident in my writing. I also have the confidence to tell a teacher that I don't understand something and that I need them to re-explain it. Throughout all of the time I spent at the Wellington-Alexander Center I learned skills that I will use for the rest of my life.