Independence in our typing leads to independence in our lives

Autism Summer Institute 2014
Tracy Thresher, Master Trainer
Good Afternoon! Thank you for coming to our workshop. I am Tracy Thresher from Barre, Vermont.
On receiving the "Master Trainer" award: “I will bask in the glory like George Clooney...and I thank you all for being here to share your voices. Let's type loud thunder in our communities.”
Hello dear cheerleaders of inclusion. Presumption of competence prevails in this sanctuary of inclusion and communication.
Good to be here with my dear friends, thinking how much independence of mind has come to me now that typing is the central piece of my life. I would like to take time to introduce my pals Scott Brodie and Mark Utter. We plan to take you on a journey of our thoughts on working to more independence in our typing and our lives.
You must find your voice to become more independent in life. There will be rocky times of working through emotions or inner struggles. I want to share prime example of Jeanette and I working through anxious times. Revealing deep conversation is making my pulse amp up but I do wish to open your attention to venting is truly righting the balance of equity in communication.
Tracy: “Jeanette, it is our work that is pulling me through pesky behavior. Let’s keep having our strength to push to independent typing.”
I became very anxious while typing this presentation. I want to move my wise Buddhist ideals to plant seeds of peace of mind for my life and move our typing to all communities.
The intensity of truly communicating deep emotions is terrifying at times. I go inside peace of mind only at time of deep meditative walking in nature. I get little real alone time; it mires me in feeling miserable. I think my life is filled with mountains of purpose, lifting my voice. Other times I feel longing for mightily breaking free of those who provide me the support I need in my living situation. I need people; it is my way of navigating routines of hygiene and the mundane parts of my life.
Scott & Tracy on the Vermont Cross Trail
East Montpelier, Vermont
Freedom of choice is priority number one in the voice of Tracy Thresher. Prior to typing I felt I had no intelligent voice. I had many intelligent ideas struggling to right the wrong I felt. I dearly love Mom but in my mind I think of the hard times I put her through. I hurt so terribly inside, brandishing my high pitch yelling, sure to pierce Mom’s ears.
We are the perfect example of intelligence working itself out in a much different way.

- Tracy Thresher
It is this I want you persistently fabulous cheerleaders of communication to know; typing brought me from despair to great joyous time of producing a portfolio of work that is educating others.
Positively inspiring is not my demeanor on a daily basis. Leaving room for venting dark inner thoughts, working toward independence is also of great value. Dwelling on pesky thoughts changes to shedding light to make a plan of action.
“I am extremely jubilant about working with you Mark. It is important for people to know our inner struggle is very much priority for having supports who are open to hearing our venting. Our pedestal is ok but it is a moat of separation that we must bridge.”
I now have three facilitators who I work well with on fading support. They are all now giving me shoulder support. My goal, of course, is independence. It is my commitment to the fading process and I will be receiving proximity support in the very near future.
Many Moons ago with Guru Harvey
Harvey is a man of calmness in the ocean of chaos; smoothing out the rough edges with his support. Watching his grace under fire by seekers of communication is how I have grown to relax in a crowd. Our relationship is one of mutual respect and honesty.
My case manager, Rachel Johnson, has a fiery passion and respects my typing. She has been my leading lady for many moons.
Jeanette positively pushes my typing daggers into Buddhist realm of peaceful silence. Athletic Harvey pushes me through navigating positively to experience new first time adventures. Typing out blame on those I treasure is my tending poorly the pea pod that includes Jeanette. Plowing through staff is my history so I positively place high value in tending our pea patch.
On my birthday: “I thank patient Jeanette for having a positive guiding approach to help keep me grounded with partying and cake on this week’s menu.”
I look to hope of independence in my typing with Jeanette and fear of losing my dedicated support feels too shaking up of my confidence. It is truly positioning me to work hard on fading my dependency in my typing to give my life wings of freedom.
Tracy presenting at customer service training at Hunger Mountain Co-op in Montpelier, Vermont: "It is cool to have high tech tools but people make the partnership for communication."
Vermont State House with Green Mountain Self-Advocates:
“Put the WE back in We the People!”
Read my Blog:
www.wretchesandjabberers.org/tracy