

From Exhausted to Energized

The Autism Spectrum Disorder Caregiver's Guide

BY MANDI FREGER, M.ED., DCEP, LBS, LPC

"Parenting stress in those caring for loved ones with ASD is **unlike the stress** of caregivers of typical children or of those children with other special needs."

– Psychology Today

A Child's ASD Diagnosis Leads to Stress, Urgency, & Burnout for Parents & Guardians

- "We need help now, and we need it FAST!"
- "They tell me I need to take some time out for myself, but I don't have time for that."
- "My child needs me. I need to be helping him, not focusing on me!"
- "No one knows my child like I do. I am the only one who can really help him!"

“ My neighbor got diagnosed with breast cancer. They wrote scripts for the whole family to get therapy. There is no developmental pediatrician writing a script for a parent to go get therapy.”

– Parent of a child diagnosed with an ASD

ASD Caregivers Lose Parental Identity

The constant demands in raising an ASD child commonly leads to the disintegration of a parent's individual identity, a loss of trust in others, and isolation for the care providers of children with ASD.

“ You are on call 24/7. There is never a day off from Autism. You don't have time to talk to someone every day and maintain an ongoing friendship when you are getting calls from the school. No matter how our families try to support us, very few extended families are in the trenches.”

– Parent of a child diagnosed with an ASD

Well-Meaning Stress Management Experts Are Missing the Critical Component

Well-meaning, skilled people flood the internet with recommendations as to how parents and guardians of ASD children can take care of themselves. However, they truly don't understand their needs, and one size does not fit all.

“ When you tell professionals, they just don't get it. None of these kids are Sheldon.”

– Parent of a child diagnosed with an ASD

The Missing Piece for Caregivers

The missing piece of the puzzle for caregivers of children with an ASD diagnosis is time. Guardians of ASD children do not have the luxury of time.

“ Telling a parent of a child diagnosed with ASD to make time to care for themselves can be one of the most anxiety provoking statements that could ever be said to them. It's like saying, 'Let me open my kitchen cabinets and the trash can and leave my cat and dog in the house for a few hours and see what happens. The train will go off the track, if I take time out.'” – Mandi Freger

From Exhausted to Energized Offers Real Help for Caregivers of ASD Children Who Don't Have the Luxury of Time!

From Exhausted to Energized supplies rapid relief tools that are the perfect solution for ASD caregivers! This superb guide is the first book to illustrate what hasn't been talked about – the psychoenergetic dynamics that cause and sustain the emotional, mental, and physical drain on family members and guardians. Freger further provides readers with quick energy psychology tools that address trauma, anxiety, depression, and burnout.

"I do Mandi Freger's "Over Energy Correction" for my brain almost every night. I can't believe how restorative it is for me. It's a simple tool that I wish I would have when my child only slept 4 hours a night. No matter how tired or exhausted I feel, Mandi's tools change the course of my day and that of my child's." – Parent of a child diagnosed with an ASD



About the Author

MANDI FREGER, M.Ed., DCEP, LBS, LPC is a PA Licensed Professional Counselor PC008174 and PA Licensed Behavior Specialist BH000192. Freger started her career pre-turn of the century upon studying with Dr. Gregory Nicosia, a pioneer in the field of Energy Psychology (EP). At the time, she was one of the youngest people to be trained in this field. Additionally, she received training through Cleveland Clinic Children's Hospital, which allowed her to connect with this diagnostic population and with their caregivers in an unprecedented way. Through first-hand experience, she gained expertise in both the methods that truly work for burned out, exhausted caregivers and with the ASD population itself. www.mandifreger.com



Book Launch Campaign Partners Will Reach 527,000 People!

- Cover Endorsement by Jennifer Kozek, author of *Healing without Hurting*, autism book. Kozek will promote to her list. 200,000 people see her posts daily!
- 327,000 additional people are confirmed to receive the book launch announcement through the author's book launch campaign partners!

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