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## ***Bateson Therapy***

Bateson Therapy is an eclectic approach to teaching children to learn how to learn by developing higher-order cognitive systems to increase flexibility, increase executive functioning skills, and increase perspective taking skills.

Alex Michaels designed this approach based upon the scientific learning principles of Donald Hebb and psychological principles of Gregory Bateson.

Bateson therapy is based on the hypothesis that there are biological stages of growth, which are based upon a hierarchy. If stages are learned in a rote manor, Alex hypothesized that an alternative biological method is being used and the hierarchy does not grow. For example, one can have seemingly developed joint attention by rote drills such as using the phrase, "Look at me" and although the end result is the same (child looks at adult) the intention and motivation behind the action is not.

