

*I am Tracy Thresher and I am here to share my thoughts on using Facilitated Communication (FC) and having a voice. I have been using FC since 1990 and was one of the first people in Vermont to be introduced to it.*

*Not being able to express myself was like being in a world of silence. I couldn't tell people what I liked and didn't like. People thought I was retarded, that I didn't understand what was being said to me. It was frustrating and made me angry and I withdrew. The experience of the world looks different from my experience. Most people take their ability to talk for granted and I take my inability to talk quite seriously. I live with it every-day – it is always there each time someone wants to read my thoughts.*

*The impact of learning to speak up and have a voice has been quite meaningful for me. I have typed life goals and dreams that have actually come true. One dream of mine was to go to church and be baptized. I told my mother this and it happened. I have been able to meet with my pastor and discuss God and the Bible because religion is very important to me. I am learning to do the things I want to...*

*teaching others about Autism and FC and movement differences. These are things I've wanted to do and now it's happening! I have spoken about these things I wanted for my life and some have come true. This would never have happened without a way to express myself.*

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