

Frequently Asked Questions

What will I learn in this training course?

The Brain and Sensory Foundations courses include tools developed through trial and exploration while working with children and adults over many years. It is a synthesis and adaptation of teachings from some of the finest movement teachers in the world. [Research](#) and [observation](#) show us that these movements help calm, organize, and mature the brain and sensory systems.

You will learn why innate and integrative movements are so fundamental and beneficial to our ability to function. And you will learn how to do these movements for yourself and with those you care for.

In this course, you receive detailed instruction in the application of neurodevelopmental and integrative movements via video, course manual, lecture, and course slide shows. Most of the protocols are based on very specific movements—called primitive and postural reflexes, innate rhythmic movements, and developmental movements—which babies do in the womb and early infancy. The human brain grows at the fastest rate during infancy, and this growth is largely through the action of these neurodevelopmental movements. The purpose of the course is for both parents and professionals to gain a wide range of neurodevelopmental movement tools and to bring their benefits to those receiving the movements.

Here is an outline of what is included in the Brain and Sensory Foundations, First Level curriculum:

- Brain Tune-up
- Innate Rhythmic Movements
- Tonic Labyrinthine Reflex
- Asymmetrical Tonic Neck Reflex
- Symmetrical Tonic Neck Reflex
- Hand Reflexes: Grasp and Palmar/Babkin
- Foot Reflexes: Plantar and Babinski
- Fear Paralysis Reflex
- Moro Reflex
- Spinal Galant Reflex
- Headrighting Reflexes
- 5-Step Balance Process for Reflex Integration and Attaining Goals

For a more detailed description of the course go to:

<https://moveplaythrive.com/OBSF1>

Also scroll to the end of this document for more information on the course.

Who is the course appropriate for?

The Brain and Sensory Foundations course is useful for parents and professionals including: occupational therapists (OTs), physical therapists (PTs), chiropractors, physicians, massage therapists, educators, mental health therapists, social workers, counselors, yoga therapists, optometrists, vision therapists, speech and language pathologists, orofacial myofunctional therapists, aides, and caregivers. The tools in the course are especially helpful for individuals with sensory issues, ADHD, anxiety, pain, stroke, sleep disorders, brain injury, and trauma. This entry-level course is open to anyone with a desire to learn foundational movements that optimize functioning and can help improve virtually all realms of life.

After taking this course will I be able to identify retained reflex patterns and learn movements to integrate reflexes?

Yes! We will learn via video-based training specific movement protocols to assess and integrate 11 key reflexes including: Tonic Labyrinthine Reflex, Asymmetric Tonic Neck Reflex, Symmetric Tonic Neck Reflex, Feet and Hand Reflexes, Fear Paralysis Reflex, Moro Reflex, Spinal Galant Reflex, and Headrighting reflexes. We will also learn important infant rhythmic movements and developmental movements and how they work to boost reflex integration and improve attention, impulse control, calm, language development, sensory integration, posture, and stamina.

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Who are the neurodevelopmental movements appropriate for?

The neurodevelopmental movements are appropriate for all ages and skill levels from infant to elder. They are enormously helpful for children with learning, emotional, physical, and sensory processing challenges. They are excellent for releasing trauma, anxiety, and stress, for rehabilitation of any kind, and for concerns typically seen in elderly individuals. The movements can also be used to optimize brain function for achieving specific goals. Students, performers, teachers, and business professionals can use the movements to access peak performance states.

Can the activities I learn in this class help my children/clients with sensory processing challenges?

Many OTs, OTAs, PTs, PTAs, SLPs and parents and others working with children and adults find that providing reflex integration and infant rhythmic movements are among the most effective tools for helping with sensory processing challenges. Why? Most likely it is because the brain recognizes these innate neurodevelopmental movements. These are the same movements the brain uses in infancy to build the sensory systems and mature the brain in the first place, and the results we see indicate that these tools are supportive for all ages. These case studies are all from students of the Brain and Sensory Foundations, First Level course.

<https://moveplaythrive.com/case-studies>

How is the course structured?

The course is self-paced, on demand: There are 8 modules or sessions and each session is approximately 90 to 110 minutes. It is best to view them in order through at least Session 3 for best results. You must have Internet connection to access this course.

How long can I view the recordings of the sessions?

The recordings for each session are available for viewing and reviewing as many times as you wish within the time frame of your course registration. If you require more time to view course session videos and/or to complete course assignments, you may purchase a one-year course extension for an administrative fee of \$99 (subject to change).

What if I have a problem accessing the course?

Please email: support@moveplaythrive.com, or call 360-732-4356. Email is usually the quickest way to reach us.

May I access the course via a mobile device?

Yes. Any device with reliable Internet connection should work. Since this is mainly a video-based course, having higher speed Internet access is ideal. For those with slower Internet speed, we recommend loading the session video, pausing it for approximately 10 minutes to let the entire video load, then playing the video through from there. For joining the optional Live Q & A sessions, it is required to use Firefox or Chrome browsers (not Safari). Firefox or Chrome browsers can be downloaded for free.

Can I get help to set up my computer so I know I will be able to join the optional Live Q & A sessions?

You can receive live help and technical support by going to the following two web pages:

1. Go here for system requirements: <https://knowledge.kaltura.com/help/kaltura-meeting-system-requirements>
2. Quick-test page to verify you have what you need to join the live Q & A sessions: <https://smart.newrow.com/kme-test>

How do I get my questions answered during the program?

Not only are the tools in the course an outstanding value, the level of instructor support is excellent also. You'll have regular access to your course instructor by attending the live, online Q & A sessions that are scheduled twice per month (except in December, when there is only one live Q & A session). To facilitate learning and to save time, questions are shared with the entire group of students. Mark your question as private if you do not want it to be shared with the group.

If you have numerous questions that go beyond the scope of how to apply what is covered in the course, or if you have questions of a private nature, then it is best to schedule some phone or video consultation time. The fee for consult time is \$175 per hour with a half-hour minimum.

Can I download the session recordings on to my computer or another electronic device?

Although there are many resources in the virtual classroom available for download, the session recordings are not downloadable.

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How can I earn a certificate of completion and/or CEUs for this course (USA only)?

See question below for full details on successful completion of course.

- For OTs and OTAs in USA, 1.8 AOTA CEUs* (18 contact hours).
- For PTs and PTAs in qualifying states of USA: This course is subcontracted to Redefine Health Education (RHE) for 18 contact hours. Courses subcontracted to RHE will be accepted for PT/PTA licensure credit in all the jurisdictions listed on this webpage, pursuant to regulation or direct approval: www.redefinehealthed.com/ceuinfo. [Florida CE Broker Number for PTs/PTAs in Florida: Brain and Sensory Foundations, First Level (Part 1) - 20-891759]
- For LMTs in USA (except in New York state) 18 CEUs from NCBTMB
- For professional counselors, 19 credit hours via NBCC, (except in New York state); other states may have contingencies. Check with your licensure board to verify acceptance of NBCC Approval. Move Play Thrive is an NBCC Approved Continuing Education Provider, ACEP No. 7213 Go to the NBCC State Board Directory at <https://www.nbcc.org/search/stateboarddirectory> to find the applicable contact information.
- For International Association of Orofacial Myofunctional (IAOM) members, 18 CEUs.

Assessments and Requirements: Will I receive a certificate for this program?

The following are the steps required to earn a certificate and/or CEUs in the online Brain and Sensory Foundations First Level course:

1. Attend or view all sessions for the full duration of the training.
2. Complete a multiple-choice exam with a score of 75% or higher.
3. Actively participate in learning the movements and record the experience in brief journal entries to be submitted in Word format to Sonia Story via email at support@moveplaythrive.com. The Instructor, or instructor designee, will evaluate journal entries and feedback will be sent back as confirmation of satisfactory completion. To see a sample of instructions for assignments go to: https://moveplaythrive.com/images/pdf/OBSF_CourseAssignmentsInfo.pdf
4. Show competency in practical application through written case studies to be submitted in Word format to Sonia Story via email at support@moveplaythrive.com. Case studies are evaluated by the Instructor, and/or instructor designee, and feedback is sent to student as confirmation of satisfactory completion. Instructions for journal entries and case studies will be sent via email to course participants. Allow 4 to 9 weeks for instructor feedback. If you require your certificate by a certain date, let instructor know this when you submit the assignment and give at least 5 weeks lead time. Less than 5 weeks lead time may require an expedite fee.
5. Complete an online end-of-course evaluation survey.
6. Students are also expected to read all mandatory course handouts in addition to course manual.

Information about your certificate will be accompanied by the following statement:

By printing this certificate I agree to the following: In order to use this certificate of participation in the Brain and Sensory Foundations online training in any capacity for Continuing Education, Professional Development, or Professional Services in which a fee is charged, I confirm the following: I have watched all 8 sessions of the Brain and Sensory Foundations online training in full, and I have practiced the techniques from each session experientially in my own body to the best of my ability. In addition I have practiced facilitating the techniques from each session at least once with a partner, child, or client to the best of my ability. I agree it is my sole responsibility to facilitate the Brain and Sensory Foundations online course materials within my scope of practice. I agree that if I am using this course toward continuing education credit, it is my sole responsibility to confirm that the Brain and Sensory Foundations online course meets the continuing education requirements of my professional licensing agency.

*The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

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Who is the course instructor?

Sonia Story developed the Brain and Sensory Foundations training to provide in-depth, comprehensive training in the use of innate rhythmic and infant primitive and postural reflex movements. These movements are foundational for addressing sensory, learning, physical, behavioral, emotional, social, and speech challenges. The innate movements Sonia teaches are used successfully by OTs, PTs, SLPs, mental health therapists, trauma specialists, orofacial myofunctional therapists, educators, parents, and health practitioners for their clients of all ages. Sonia is the author of a [white paper](#) giving the relevance, rationale, and evidence basis for using these innate neurodevelopmental movements in OT and PT practice. Sonia's white paper was deemed by a reviewer at Federation of State Boards of Physical Therapy (FSBPT) to be excellent for showing the relevance of innate neurodevelopmental movements to the practice of physical therapy. Sonia Story trained directly with psychiatrist Harald Blomberg, MD, and kinesiologist Moira Dempsey, authors of the book, *Movements That Heal* and developers of the Rhythmic Movement Training (RMTi) curriculum. Sonia earned instructor certification to teach the RMTi curriculum at the highest levels. Sonia taught the RMTi curriculum for 10 years and has been teaching the Brain and Sensory Foundations curriculum since 2008.

She has also learned from mentors Jon Bredal, Bonnie Brandes, Bill Hubert, Svetlana Masgutova, and many other leaders in integrative movement. Sonia synthesizes numerous methods of innate rhythmic movements and reflex integration and has further training in Developmental Movement, MNRI, Bal-A-Vis-X, Brain Gym®, Nurtured Heart Approach, Nonviolent Communication, Hanna Somatics, Orthobionomy, and Storytelling with Children.

Since 2012, Sonia has been publishing case study reports—submitted by students of the Brain and Sensory Foundations courses. Our [case study](#) reports showcase the exceptional results using these innate neurodevelopmental movement tools.

Sonia is the author of the widely used [Importance of Integrating Reflexes](#) information sheet, and the article: [Can ADHD Be Dissolved?](#) about how innate neurodevelopmental movements can help to overcome ADHD symptoms by addressing related balance, postural, and sensory-motor challenges.

Sonia was a presenter at the 2018 Autism One conference on how innate neurodevelopmental movements help with sensory issues. Sonia's work has been featured in the book, *Almost Autism: Recovering Children from Sensory Processing Disorder*, and in the books *Special Ed Mom Survival Guide*; *Family Health Revolution*; and *Same Journey, Different Paths, Stories of Auditory Processing Disorder*. For more information about Sonia Story, [go here](#).

Detailed Description of Course Content and Student Comments

The Brain and Sensory Foundations curriculum is comprehensive, experiential, and hands-on with a focus on practicing the movements that build the foundation for function.

Here are comments about the Brain and Sensory Foundations, First Level course from therapists and parents:

"I wanted to thank you for an incredible class. It truly is packed with helpful information and ideas."

"This course is a must for parents and practitioners who want to promote brain development for their children, or even themselves as adults, to improve functioning. It was the missing link for me as an OT practitioner and has already made an exponential difference in kids with sensory processing challenges, impulsiveness, and attention." —Elaine Kayhan, OT

"My son just turned 6. After 3 weeks [of doing the movements from the Brain and Sensory Foundations course] I can already see that he is able to calm himself much quicker when he gets mad. Previously he would throw around chairs, now he will give me an angry look, say he is mad, but compose himself and carry on what he is doing. Amazing!" —Cornelia Smit

"Excellent course, I'm amazed with the great results I've seen with the patients in my practice. A phenomenal course and would recommend this to all therapists." —Anneli Tromp, PT

Course content:

We begin with a simple Brain Tune up and then do innate rhythmic movements, which work hand-in-hand with infant reflexes during development. The innate rhythmic movements are a critical—and often missing—part of reflex integration. See notes below on the importance of innate rhythmic movements.

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For each reflex, you receive tools for assessment. There is instruction for how to assess and stimulate the reflex movement patterns and several methods for integrating each reflex. Some reflex integration tools are passive, some are active, some are playful, and there are activities for every age and ability level.

An excellent tool in the course is the 5-Step Balance process that enhances the reflex integration and it can be used to take the stress out of goals. You receive a complete and comprehensive set of activities and movement tools in this course. It is this comprehensive approach that accounts for the successful outcomes that our students generate time-after-time using these tools. Here is a link to over 140 case studies, all from students of the Brain and Sensory Foundations course.

<https://moveplaythrive.com/case-studies>

Here is a link to the course objectives page:

https://moveplaythrive.com/images/obsf_files/OBSF_Objectives.pdf

Notes on Innate Rhythmic Movements (RMs):

Rhythmic Movements (RMs) are calming, enjoyable, nurturing, conducive to bonding, and helpful to bring us to our parasympathetic nervous system state. All these factors make them an ideal foundation for reflex integration. Each innate rhythmic movement impacts more than a single reflex pattern at a time—in both direct and indirect ways. All RMs indirectly impact reflexes via the action of brainstem maturity, which is the location of the primitive reflexes. Doing the RMs provides calm and maturity to the nervous system, which then allows us to receive reflex stimulation and integration readily. Our experience has been that having a foundation in rhythmic movement allows for deeper, more stable reflex integration. You can learn more about the importance of innate rhythmic movements here: <https://moveplaythrive.com/images/pdf/ImportanceOfInnateRMs.pdf>

After I finish this course where can I learn more?

I highly recommend that you continue your studies in neurodevelopmental movement by joining the [Brain and Sensory Foundations, Second Level course](#).

You will receive many more excellent innate rhythmic movements and reflex integration tools to continue your journey and to be able to offer even deeper and more complete integration for your children, clients, and family members with these life-changing tools.

With the Brain and Sensory Foundations, Second Level course, you will receive training in:

- Innate Rhythmic Movements
- Spinal Perez Reflex
- Landau Reflex
- Amphibian Reflex
- Crossed Extensor Reflex
- Parachute Reflex
- Pull-to-Sit Reflex
- Foot Tendon Guard Response
- Facial Oral-Motor Reflexes
- Birth and Bonding Processes
- Extra tools for Asymmetrical Tonic Neck, Babinski and
- Fear Paralysis Reflexes
- Infant Torticollis Protocol

Contact: support@moveplaythrive.com • 360-732-4356 • Move Play Thrive, PO Box 676, Chimacum, WA, 98325, USA

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