

## Brain and Sensory Foundations Training Course, First Level

Dates: February 18-20, 2023 • Port Townsend, WA

### Course Description

The Brain and Sensory Foundations course offers instruction in assessing and remediating innate developmental, rhythmic, and primitive and postural reflex movements that are retained or underdeveloped. Innate and integrative movements are combined to promote brain and sensory-motor maturity and improve balance, strength, stamina and coordination. These foundational skills may lead to improved learning, speech, and social-emotional skills. **Contact Hours 18**

### Course Objectives

Upon completion of this course students will be able to:

- Execute a two-minute Brain Tune up protocol for stress release and improved learning.
- Identify 5 principles important in applying innate rhythmic developmental movements for maturing brain and sensory-motor systems.
- Identify at least 3 research studies showing associations of retained infant reflexes with developmental delays, learning challenges, or behavioral challenges.
- Identify the stimulus and movement pattern for each of 11 key primitive and postural reflexes: Tonic Labyrinthine Reflex, Asymmetric Tonic Neck Reflex, Symmetric Tonic Neck Reflex, Hands and Feet Reflexes (two each), Fear Paralysis Reflex, Moro Reflex, Spinal Galant Reflex, Head Righting Reflex.
- Apply movement protocols for integration of 11 key primitive and postural reflexes, thereby maturing the neuro-sensory-motor foundations for skill building.
- Plan a “5-Step Balance” process to help with releasing stress and attaining goals.
- Facilitate a “5-Step Balance” process for releasing stress associated with goal attainment.

### Applications of Content

As a result of this course, students are prepared to recognize the presence of dysfunctional and under-developed primitive and postural reflexes. Through specific movement and reflex integration protocols, participants will be able to assist themselves and others in:

- Integrating reflex patterns.
- Releasing stress and anxiety.
- Building neuro-sensory-motor foundational skills that may lead to improved physical, emotional and cognitive functioning.
- Attaining meaningful goals with greater ease.
- Using reflex integration protocols and rhythmic movements to decrease muscle tension and pain.

**Required Text**—comes with course registration

*Brain and Sensory Foundations, First Level—Comprehensive, in-depth training in reflex integration and innate rhythmic movements, Neurodevelopmental Movement for Physical, Emotional, Social and Learning Skills*, Training Manual, by Sonia Story with Steven Kane, OTR/L

### Recommended Reading

*Reflexes, Learning and Behavior, A Non-Invasive Approach to Solving Learning and Behavior Problems*, by Sally Goddard, Fern Ridge Press, 2002.

### Requirements for CE and/or Certificate

1. Attend the full duration of the training.
2. Complete a multiple-choice exam with a score of 75% or higher.
3. Actively participate in experiential learning of the movements.
4. Complete an Action Plan reflecting on ways to apply course tools
5. Participate in experiential practice of movements
6. Complete an online end-of-course evaluation survey.

CEUs for OTs and OTAs, 18 hours, 1.8 AOTA CEUs

CEUs for PTs and PTAs in Nevada, 15 approved units

### Related Information—The Importance of Integrating Reflexes

A reflex is an automatic, innate movement pattern that assists us in our survival and development. In infancy the innate reflex movements fuel brain growth and create the neuro-sensory-motor skills needed to progress to an upright, walking toddler. These same neuro-sensory-motor skills are the foundation for future learning, posture, strength, speech, and social-emotional skills.

A high majority of children and adults with learning challenges have unintegrated or incomplete reflexes that may cause mild to severe obstacles in functioning and in learning. Innate rhythmic and reflex integration movements may promote calm, organized, and mature neuro-sensory-motor foundations and can be used to address a wide range of functional challenges.

Supporting research available at:

<https://www.moveplaythrive.com/research>

### Provider Information:

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