

Brain and Sensory Foundations, Second Level Online Training Course *Answers to Frequently Asked Questions (FAQs)*

What will I learn in this training course?

We learn movements via video, course manual, lecture, and course slide show. The movements help calm, organize, and mature the brain and sensory systems. Most of the movement protocols are based on very specific movements—called reflexes, rhythmic movements, and developmental movements—that babies do in the womb and early infancy. These key movements are the reason why the infant brain grows at the fastest rate of any time in our lifespan. The purpose of the course is for both parents and professionals to gain a wide range of neurodevelopmental movement tools that can bring great benefits to those receiving the movements.

Who is the course appropriate for?

The Brain and Sensory Foundations, Second Level course is mainly attended by parents, OTs/OTAs, PTs/PTAs, SLPs, developmental optometrists, vision therapists, yoga therapists, educators, counselors, social workers, and trauma specialists. The course is also useful for osteopaths, chiropractors, acupuncturists, naturopaths, and body workers. This Second Level course is open to anyone who has enrolled in or completed the Brain and Sensory Foundations, First Level course. In the Second Level, we continue building our movement tools to improve functional skills in nearly 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 practice many additional important infant rhythmic movements and reflex movements that help to develop and integrate reflexes with the goal of improving attention, impulse control, language development, sensory integration, posture, stamina, and learning. The movements also appear to be effective for reducing anxiety, boosting calm, and overcoming trauma.

You will receive many additional important infant rhythmic movements plus, specific movement protocols to assess and integrate 10 key reflexes including:

- Spinal Perez,
- Landau
- Amphibian/Crawling
- Crossed-Extensor Reflex
- Pull to Sit
- Parachute
- Facial Oral reflexes.

In addition, there are special sections on:

- Foot Tendon Guard response
- Birth and Bonding
- Infant Torticollis-how to help correct it without painful stretching

You will also receive extra tools for integrating:

- Asymmetric Tonic Neck Reflex
- Babinski Reflex
- Fear Paralysis Reflex

For a more detailed description of the course go to:
<https://www.moveplaythrive.com/OBSF2>

Frequently Asked Questions, continued

For whom are the neurodevelopmental movements appropriate?

The neurodevelopmental movements are appropriate for all ages and skill levels from infant to elder. They are helpful for children with learning, emotional, physical, and sensory processing challenges. They are excellent for releasing trauma, anxiety, and stress; for rehabilitation; and for concerns typically seen in elderly individuals. As well, they help to optimize brain function for any endeavor. Students, performers, teachers, professionals, and business owners also use these tools to access peak performance states.

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

Many OTs, OTAs, PTs, PTAs, SLPs, and parents and others working with children and adults are finding that reflex integration and infant rhythmic movements are among the most effective tools they have for helping with sensory processing challenges. The brain recognizes these innate neurodevelopmental movements. They are the same movements the brain uses in infancy to mature the brain, body, and sensory systems. The [results](#) we see indicate that these movements are supportive for all ages.

How is the course structured?

The course is Self Paced, On Demand: There are 9 sessions and each session is broken into smaller parts; each session is approximately 60 to 105 minutes. Optional Live, Online Q & A sessions may be given by the instructor as well to answer student questions in a group format. The Live Q & A sessions are scheduled every other month (six times per year).

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 access. If you require more time to view course session videos and/or to complete course assignments, you may purchase a one-time, one-year course extension for fee (\$74 currently, subject to change without notice).

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 a higher speed Internet access is ideal. For those with slower speed Internet, we recommend loading the session video, pausing it to let the entire video load, and then playing the video through from there. For joining the optional Live Q & A sessions, it is required to use Firefox or Chrome browsers. 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 webpages:

1. Go here for system requirements:

<https://support.newrow.com/en/article/newrow-smart-recommended-system-requirements>

2. Quick test page to verify you have what you need to join the live Q & A sessions:

<https://smart.newrow.com/room/testPage/>

How do I get my questions answered during the program?

The best way to get your questions answered is by attending the live, online Q & A sessions and asking your questions through the chat box. To facilitate learning and to save time, questions are typically shared with the entire group of students, so mark your question as private if you do not want it to be shared with the group (private questions will not be answered via Live Q & A sessions). You can also call the course instructor at 360-732-4356 or email to support@moveplaythrive.com. If you have numerous questions that go beyond the scope of how to apply what is covered in course, or if you have questions of a private nature, then it is best to schedule a phone or video consultation. 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.

Will I receive a certificate for this program?

- For OTs and OTAs, 1.3 AOTA CEUs*

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- **For PTs and PTAs in qualifying states of USA: 13 contact hours, CEUs** awarded by RHE-Cert. See qualifying states and contingencies for other states here: <https://www.redefinehealthed.com/ceuinfo> [Florida CE Broker Number for PTs/PTAs in Florida: Brain and Sensory Foundations, Second Level, 20-903263]
- **For International Association of Orofacial Myofunctional (IAOM) members, 13 CEUs.**

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

Contact Hours: 13 hours consisting of online course programming, reading of manual and handouts, and independent movement practice.

The following are the steps are required to earn a certificate and CEUs in the Brain and Sensory Foundations online program:

Assessments and Requirements

For those taking this course for continuing education credits the following steps are required:

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 experientially and practice facilitation with at least one other individual.
4. Complete an online end-of-course evaluation survey.
5. Students are also expected to read all course handouts in addition to course manual.

Your certificate will be downloadable online after your exam is complete and will come with the following attestation 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 in full all 9 sessions of the Brain and Sensory Foundations, Second Level, online training. 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.

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

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the books *Special Ed Mom Survival Guide*; *Family Health Revolution*; and *Same Journey, Different Paths, Stories of Auditory Processing Disorder*. Sonia is currently working on completing a graduate studies program in Movement Sciences at the University of Idaho. For more information about Sonia Story, [click here](#).

After I finish this course where can I learn more?

I highly recommend that you continue your studies in neurodevelopmental movement. There is a great need for this work among all age groups so the more you know, the more you will be able to offer assistance to others. Please tell your friends, colleagues and community members about the **Brain and Sensory Foundations® courses**. If groups of individuals within a community are learning the techniques taught in this course, they can gather for study groups and form groups within the community to support families and children to use these healing movements on a regular basis.

There are also wonderful courses within the **Rhythmic Movement Training™** curriculum (rhythmicmovement.org) that you can attend as well as courses in **Bal-A-Vis-X**, **Quantum Reflex Integration™**, **Touch for Health**, **Brain Gym®** and **Masgutova Method (MNRI)**.

Contact: Sonia Story, sonia@moveplaythrive.com 360-732-4356