

## Brain and Sensory Foundations—Second Level

### *Neurodevelopmental Movement for Better Physical, Emotional, Social, and Learning Skills*

#### Course Description

In the Second Level Brain and Sensory Foundations course we continue our theoretical and experiential learning of more key innate rhythmic, developmental, and reflex movements for the purpose of integrating and maturing the brain, body, and sensory systems. Integration of primitive and postural reflex patterns may help relieve stress and develop optimal sensory processing, learning, emotional balance, core strength, and stamina.

1.3 CEUs for OTs and OTAs. 13 contact hours

#### Course Objectives

Upon completion of this course students will be able to:

- **Execute 5 innate rhythmic developmental movements that support brain maturity, sensory processing, and learning.**
- **Describe innate rhythmic developmental movements that mature at least 3 specific primitive and/or postural reflexes.**
- **Recognize the movement patterns, assessment, and isometric integration protocols of key primitive and postural reflexes:**
  - Landau Reflex
  - Spinal Perez Reflex
  - Amphibian and Crawling Reflexes
  - Crossed Extensor Reflex
  - Parachute Reflex
  - Pull to Sit Reflex
  - Foot Tendon Guard Response
  - Facial-Oral Reflexes
- **Identify movement activities and games for integration of the above listed primitive and postural reflexes.**
- **Identify additional integration tools for bonding and for reflexes: Babinski, ATNR, and Fear Paralysis.**
- **Describe at least 3 components of the protocol for infant torticollis**

#### Applications of Content

As a result of this class, students will be able to recognize key primitive and postural reflexes that are unintegrated or underdeveloped. Through specific reflex integration protocols, participants will have effective tools to assist themselves and their clients in:

- a. Integrating primitive and postural reflex patterns that go hand-in-hand with many common challenges, such as: sensory processing disorders, low muscle tone, anxiety, emotional outbursts, toe walking, sleep issues, speech delays, torticollis, poor balance, poor posture, poor coordination, poor concentration, behavior issues, and learning difficulties.

- b. Building the neuro-sensory-motor skills for learning, strength, emotional regulation, & sensory processing.
- c. Releasing stress and anxiety
- d. Using reflex integration protocols and innate rhythmic movements to decrease muscle tension and pain.

Students will also learn about the inter-relationships among reflexes and how the reflexes support one another while providing a foundation for function.

**Pre-requisite: *Brain and Sensory Foundations, First Level training course***

#### Text

***Brain and Sensory Foundations—Second Level, Neurodevelopmental Movement for Physical, Emotional, Social and Learning Skills***, Training Manual, by Sonia Story

#### Requirements to Earn CEUs

1. Attend all sessions for the full duration of the training
  2. Complete a multiple choice open book test demonstrating an understanding of course content
  3. Actively participate in learning the movements and protocols
  4. Submit completed training evaluation form
- Students are expected to read course handouts in addition to course manual**

#### Additional Information

Related research summaries available at:

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

#### Instructor Bio:

Sonia Story 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 to be excellent for showing the relevance of innate neurodevelopmental movements to the practice of physical therapy [From reviewer at Federation of State Boards of Physical Therapy]. Sonia's training courses have been approved for professional continuing education for occupational therapists, physical therapists, massage therapists, and other professionals. See resume and CV at: <https://www.moveplaythrive.com/about/about-sonia-story>

#### Contact Sonia Story

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