



What Parents and Therapists Say about Brain and Sensory Foundations Online Training with Sonia Story

As a Eurythmist working at several Waldorf schools in Washington and as a mother of 2 teens I have seen the effectiveness of the movements taught in the **Brain and Sensory Foundations** program. I have seen and felt these movements working swiftly in deep ways. I can vouch for the effectiveness of these exercises and from my perspective this is congruent with Waldorf Education.

Kirsten Sogge

I wanted to share with you how amazing this year in school has been for my 14 year old son. We have been pretty consistent with the movement exercises and some integration of specific reflexes. He is doing well in almost all of his subjects and it has become so much easier for him. Thank you so much

Colleen L., Hawaii

My son has responded very well to the rhythmic movements [learned in the Online Brain and Sensory Foundations course] and even reminds me to do them. We have already seen improvement [after 4 weeks] in his being less distracted and less prone to over-reaction. He is beginning to be more calm over all. He seems to be having more moments of rational thinking before immediate over-reaction. My husband has noticed this too.

Shelly Willeford, TX

During my 30 years as a Pediatric Physical Therapist, I have seldom been impressed to write a review. I have applied [the tools learned in the Brain and Sensory Foundations class] in my practice and all of my clients have benefitted to a significant degree.

I highly recommend **Brain and Sensory Foundations** course.

Melody Edwards, Pediatric Physical Therapist Idaho

I had one of my patients begin doing the rhythmic movements [from the Online Brain and Sensory Foundations course] 6 weeks ago. This child is 8 years old and attends a special school for emotionally and behaviorally challenged children that can't attend regular public education. When he gets frustrated at school, it typically results in a major melt down with hitting, throwing desks and chairs, and yelling. He has had 4-5 adults holding him down on the floor at times. This boy has not had hardly any behavior or emotional outbursts like I described since he has started doing the rhythmic movements at home or at school."

His coordination has also greatly improved during this time. I had tried doing cross crawls with him several months prior to him starting the rhythmic movements and it was so difficult and frustrating for him I stopped. Recently he was able to do the cross crawl quite well though and we hadn't been practicing it.

He has already made greater gains with balance, coordination, sensory processing, impulse control, and frustration tolerance than he has with OT, PT, Medications and consulting in his school over the past 2+ years and it has only been 6 weeks. Amazing!!

H. S., Occupational Therapist, North Carolina

The **Brain and Sensory Foundations** online class was so great. The knowledge gained in these sessions is so rich and yet so "user friendly". Being totally new to this work I found the information presented easy to follow, especially with the guidebook. I was so happy to find that I could put most of the things learned in this class to use with myself, my kids, and friends right away. Thank you Sonia!

Alison N., Seattle, Washington

Dear Mrs. Story,

Thank you for taking the time to assess my son Andy's reflex integration needs. I would not have believed the effectiveness of the reflex integration without actually witnessing the changes in him during the past four months.

We have tried to help Andy in every way possible without regard to expense. He was already a bright and happy child, but had been diagnosed with moderately severe ADHD, a receptive language disorder, and obsessive compulsive disorder. We have tried every conventional therapy offered by the medical community to help him as well as tutoring.

Now, in conjunction with cognitive therapy, we practice the reflex integration exercises five days a week. I have also started some hugging exercises in the morning before he goes to school to help him feel secure and relaxed. We are seeing great gains since we started your exercises. I can literally feel him calming down as he does the exercises. The exercises have offered us a bonding time and we try to have fun while working on them.

I am amazed at the things he has accomplished as a result of the reflex integration exercises, including catching objects being thrown to him. His balance has improved and he enjoys riding his bicycle without encouragement to do so.

Most importantly, for the first time since he began school, he now tests at grade level in every area except one. And the one was only two points off. This is after testing as low as two grade levels behind in previous years. We are joyfully amazed and the improvement has come just in time before he starts middle school.

Socially we are seeing changes. Andy has begun to join in activities at Boy Scouts and with friends at school. We are beginning to see some maturing and consciousness of himself around other people making him more socially acceptable to others and not that "different kid".

Thank you, thank you, you have given us a means of helping our son and given us hope for his future education and successful life.

**Sincerely,
Beth Dougherty
Boise, Idaho**

Nov. 15, 2009

Dear Sonia,

I wasn't sure if our kids were going to be one of those instant success stories, but it looks like we are! For years we've struggled to get our kids to bed. We've tried so many things, but it's always with fuss and tears and trying just to get them to lie down and be calm. Our 3-1/2-year-old (Jeremy) has been a bad sleeper since the early months, and didn't even sleep through the night until 15 months old. Our kids usually end up going to sleep around 9:30 pm because it takes us from 8 pm to 9:30 to accomplish the task. Tonight Jeremy was asleep by 7:40 pm!!! Gabriel asleep by 8:10 pm.

January, 23, 2010 They say the proof is in the pudding, and Gabriel for sure shows how effective Neurodevelopmental Movement can be. He absolutely loves doing it, and even when I'm tired he will beg for the movements. In just two short months we have seen such tremendous strides, we are amazed. The biggest areas of change have been:

- Writing ability has improved dramatically. Not only in form, but in speed.
- His speech has changed for the better, and he is asking a lot of "Wh" questions, which previously he didn't.
- His awareness of his body in space has definitely increased, and his perception of his environment has taken on a whole new level of observation.
- His loving nature has expanded into beautiful expressions of love and compassion.

Feb. 8, 2010 This past couple weeks we have seen a huge milestone leap for Gabriel. His attention abilities have improved so much he was able to do an entire math test by himself -- and he got 100% on it! Not only that, for a portion of the day they do these one-minute, mini-timed math tests, and for months he could not pass level 1. Suddenly in a matter of one week, he passed level 1, level 2 and level 3! Before Neurodevelopmental Movement Gabriel would have to be repeatedly reminded to stay on task, but clearly that has changed. We are thrilled with his progress!

September 24, 2010

This is amazing, the teachers said they are having little to no attention issues from Gabriel in class! He's not even wiggly in class!! [This was a huge problem for Gabriel last year.]

Bonnie Landau, Ojai, California