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Brain Development through Movement and Play

APP OT
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by The American Occupational Therapy Association, Inc.

Brain and Sensory Foundations Training Course
Neurodevelopmental Movement for Better Physical, Emotional, Social and Learning Skills

Course Description

The Brain and Sensory Foundations course offers multimedia learning of innate developmental, rhythmic, and primitive and postural reflex movements. Innate and integrative movements are combined to promote brain and sensory-motor function and the foundation for improved learning, emotional-social skills, and physical balance, strength, stamina and coordination for all ages.
17 Contact Hours

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.
- Recognize 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.
- Facilitate movement protocols that develop sensory-motor systems, and integrate 11 key primitive and postural reflexes, thereby maturing the foundations for skill building.
- Plan a "5-Step Balance" process to help with releasing stress and attaining goals.
- Apply a "5-Step Balance" process to help with releasing stress and attaining goals.

Applications of Content

As a result of this class, students should be able to recognize key childhood reflexes that are dysfunctional or under-developed. Through specific movement and reflex integration protocols, participants will be able to assist themselves and their clients in:

a. Integrating reflex patterns.
b. Releasing stress and anxiety.
c. Building the neuro-sensory-motor skills for learning.
d. Moving toward meaningful goals with greater ease.
e. Self care using reflex integration protocols and rhythmic movements to decrease muscle tension and pain.

Text

Brain and Sensory Foundations—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***.***

Movements that Heal, Rhythmic Movement and Primitive Reflex Integration—A Drug-Free Approach to Learning, Sensory, Emotional and Behavioral Challenges, *Harald Blomberg, MD and Moira Dempsey, 2011.*

Requirements for CEUs and/or Certificate

1. Read pre-course handouts and attend all sessions for the full duration of the training.
2. Complete a multiple choice exam with a score of 75% or higher.
3. Complete an Action Plan for how you will utilize this work.
4. Actively participate in learning the movements experientially.
5. Submit completed training evaluation form.

Additional 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 childhood 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 with learning challenges have un-integrated or incomplete reflexes. Inability to complete the development of the reflexes in infancy may cause challenges ranging from mild to severe in subsequent developmental stages and in learning.

Research summaries available at:
www.moveplaythrive.com/images/pdf/ResearchonReflexes.pdf
https://www.moveplaythrive.com/images/pdf/OT_relevance_BSF.pdf

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