

Brain and Sensory Foundations, Second Level—Syllabus

<p>Session 1 1a, 57 min 1b, 27 min 1c, 14min</p>	<ol style="list-style-type: none"> 1. Course Overview and Objectives 2. Wide application and huge need for Neurodevelopmental Movement 3. Brief Review: What to Do if Someone is Triggered by Movement 4. Rhythmic Developmental Movements, 5-10 plus variations. Use RMs with caution in the following situations: Down’s Syndrome (with movements involving head and neck), History of Seizures Hyper-sensitivity to vestibular input Hyper-sensitivity to tactile input 6. Research Highlights 7. Q & A 	<p style="text-align: center;">Reading and Practice Pages 1-18</p> <p style="text-align: center;"><i>It is best to do activities in the spirit of enjoyment, curiosity and play.</i></p> <ul style="list-style-type: none"> • Do PACE Brain Tune-up at least once daily • Practice giving and receiving Rhythmic Movements (RM 5-10) with a partner at least 3 times per week • Notice your experience while you do and/or receive the movements yourself. • Read resources/downloadable files
<p>Session 2 2a, 45 min 2b, 21 min</p>	<ol style="list-style-type: none"> 1. Primitive Reflexes, Expanded Definition 2. Brief Review: Importance of Integrating Reflexes 3. Spinal Perez Reflex—stimulus, movement pattern, function/role in development, challenges if un-integrated, how to assess, movements and protocols to mature and integrate 4. Research Highlights 5. Q & A 	<p style="text-align: center;">Reading and Practice Pages 19-27</p> <ul style="list-style-type: none"> • Do PACE Brain Tune-up at least twice with a goal or project in mind (Balance Process) • Continue Practicing RM 5-10 • Practice the Spinal Perez activities 3 or more times per week with yourself and others. • Read resources/downloadable files
<p>Session 3 3a, 37 min 3b, 23 min</p>	<ol style="list-style-type: none"> 1. Landau Reflex—stimulus, movement pattern, function/role in development, challenges if un-integrated, how to assess, movements and protocols to mature and integrate 2. Importance of “Belly to Earth”/time in prone—ground reaction force. Experiential learning with Kathleen Porter 3. Review RM 5-10 in relationship to Spinal Perez and Landau reflex 4. Q & A 	<p style="text-align: center;">Reading and Practice Pages 28-35</p> <ul style="list-style-type: none"> • Do PACE Brain Tune-up whenever there is stress or before projects, as needed • Continue Practicing RM 5-10 • Practice the Landau activities 3 or more times per week with yourself and others. • Read resources/downloadable files
<p>Session 4 4a, 35 min 4b, 28 min</p>	<ol style="list-style-type: none"> 1. Amphibian and Crawling Reflexes—stimulus, movement pattern, function/role in development, challenges if un-integrated, how to assess, movements and protocols to mature and integrate 2. Crossed Extensor Reflex, part 1 3. Q & A 	<p style="text-align: center;">Reading and Practice Pages 36-45</p> <ul style="list-style-type: none"> • Do PACE Brain Tune-up whenever there is stress or before projects, as needed • Continue Practicing RM 5-10 • Practice the Amphibian and Crawling reflex activities 3 or more times per week with yourself and others. • Read resources/downloadable files

Session 5 5a, 26 min 5b, 35 min	<ol style="list-style-type: none"> 1. Crossed Extensor Reflex, part 2—stimulus, movement pattern, function/role in development, challenges if un-integrated, how to assess, movements and protocols to mature and integrate 2. Foot Tendon Guard Response—stimulus, movement pattern, function/role in development, challenges if un-integrated, how to assess, movements and protocols to mature and integrate 3. Q & A 	<p style="text-align: center;">Reading and Practice Pages 41-49</p> <ul style="list-style-type: none"> • Watch video: https://www.youtube.com/watch?v=iaNYiZFGbls • Do PACE Brain Tune-up whenever there is stress or before projects, as needed • Continue Practicing RM 5-10 • Practice the Crossed Extensor reflex and Foot Tendon Guard activities 3 or more times per week with yourself and others. • Read resources/downloadable files
Session 6 6a, 27 min 6b, 30 min	<ol style="list-style-type: none"> 1. Pull-to-Sit—stimulus, movement pattern, function/role in development, challenges if un-integrated, how to assess, movements and protocols to mature and integrate 2. Parachute Reflex—stimulus, movement pattern, function/role in development, challenges if un-integrated, how to assess, movements and protocols to mature and integrate 3. Brief Review, 5 Step Balance Process 4. Brief Review, response to movements 5. Q & A 	<p style="text-align: center;">Reading and Practice Pages 50-58</p> <ul style="list-style-type: none"> • Watch video of Pull-to-Sit Movement Pattern and Head Lag check: https://www.youtube.com/watch?v=P6kXGloRCtW • Watch video of Parachute Movement Pattern https://www.youtube.com/watch?v=tJ1_a1FGFs4 • Do PACE Brain Tune-up whenever there is stress or before projects, as needed • Continue Practicing RM 5-10 • Practice Pull-to-Sit and Parachute activities 3 or more times per week with yourself and others • Do a Five Step Balance Process for Integrating Reflexes and/or specific goals • Read resources/downloadable files
Session 7 7a, 47 min 7b, 34 min	<ol style="list-style-type: none"> 1. Facial-Oral Reflexes—stimuli, movement patterns, functions/role in development, challenges if un-integrated, how to assess, movements and protocols to mature and integrate 2. Birth and Bonding Activities—how birth and bonding are supported by reflex integration. 3. Q & A 	<p style="text-align: center;">Reading and Practice Pages 59-69</p> <ul style="list-style-type: none"> • Watch video of swallowing reflex https://www.youtube.com/watch?v=YQm5RCz9Pxc • Do PACE Brain Tune-up whenever there is stress or before projects, as needed • Continue Practicing RM 5-10 • Practice the Facial-Oral and Birth and Bonding activities 3 or more times per week with yourself and others • Read resources/downloadable files
Session 8 8a, 37 min 8b, 33 min	<ol style="list-style-type: none"> 1. Cervical Ball Exercises—help for reflexes involving head and neck movements 2. Extra Help for ATNR 3. Extra Help for Babinski 4. Extra Help for Fear Paralysis Reflex 5. Protocol for Infant Torticollis 6. Q & A 	<p style="text-align: center;">Reading and Practice Pages 70-83</p> <ul style="list-style-type: none"> • Do PACE Brain Tune-up whenever there is stress or before projects, as needed • Continue Practicing RM 5-10 • Practice Additional Protocols: Cervical Ball, ATNR, Babinski, FPR, Torticollis • Read resources/downloadable files

Session 9 9a, 26 min 9b, 10 min 9c, 22 min	<ol style="list-style-type: none"> 1. Review—Rhythmic Developmental Movements 2. Review—Stimulus and Movement Patterns for each reflex 3. Core-Distal Connection 4. Group activity for FPR integration 5. Discussion on Infant Torticollis plus modification of Salamander RM for infants 	<p style="text-align: center;">Reading and Practice</p> <ul style="list-style-type: none"> • Read and review course manual • Continue Practicing RM 5-10 • Practice Additional Protocols: Core-Distal Connection and FPR group activity, “Something is Coming” • Read <u>torticollis case study</u> by Melody Edwards, PT
Required Reading 1.75 hours	<ul style="list-style-type: none"> • Course Training Manual • Course Syllabus https://www.moveplaythrive.com/images/pdf/OB_SF2_syllabus.pdf • Evidence Based Practice https://www.moveplaythrive.com/images/pdf/EB_P.pdf • Course Objectives https://www.moveplaythrive.com/images/pdf/OB_SF2_Objectives.pdf • Article: The Importance of Innate Rhythmic Movements https://www.moveplaythrive.com/images/pdf/ImportanceOfInnateRMs.pdf • Case Study by Melody Edwards, PT https://www.moveplaythrive.com/images/pdf/OB_SF2_CaseStudy_MelodyEdwards.pdf 	
Evaluation and Exam 1 hour	<p>Link to Course Evaluation and Exam https://www.surveymonkey.com/r/XVYTXGR</p>	

Total contact hours: 13, (total video instruction time, 10 hours 15 minutes)

For support contact Sonia Story • Email: Sonia@moveplaythrive.com • Phone: 360-732-4356