

Course Description

The Online Brain and Sensory Foundations course offers multimedia instruction for assessing and remediating innate developmental, rhythmic, and primitive and postural reflex movements that are retained or underdeveloped. Innate and integrative movements are combined to promote brain and sensory-motor function and the foundation for improved learning, speech, emotional-social skills, and physical balance, strength, stamina and coordination for all ages. **Contact Hours: 18***

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.
- Identify 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.
- Apply movement protocols for integration of 11 key primitive and postural reflexes, thereby maturing the neuro-sensory-motor foundations for skill building.
- Plan a “5-Step Balance” process to help with releasing stress and attaining goals.
- Facilitate a “5-Step Balance” process to help with releasing stress and attaining goals.

Applications of Content

As a result of this class, students are prepared to recognize the presence of dysfunctional and under-developed primitive and postural reflexes. Through specific movement and reflex integration protocols, participants will be able to assist themselves and others in:

- a. Integrating reflex patterns.
- b. Releasing stress and anxiety.
- c. Building neuro-sensory-motor foundational skills that lead to improved physical, emotional and cognitive functioning.
- d. Attaining meaningful goals with greater ease.
- e. Using reflex integration protocols and rhythmic movements to decrease muscle tension and pain.

Supporting research and rationale available at:

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

Required Text

Brain and Sensory Foundations, First Level—Comprehensive, in-depth training in reflex integration and innate rhythmic movements, Neurodevelopmental Movement for Physical, Emotional, Social and Learning Skills, Training Manual, by Sonia Story with Steven Kane, OTR/L

Recommended Reading

Goddard Blythe, S. (2023). *Reflexes, movement, learning & behavior. Analysing and unblocking neuro-motor immaturity*. Hawthorn Press.

Blomberg, H., & Dempsey, M. (2011). *Movements that heal: Rhythmic movement training and primitive reflex integration—A Drug-Free Approach to Learning, Sensory, Emotional and Behavioral Challenges*. Book Pal.

CEUs available for professionals

*More information at:

<https://moveplaythrive.com/courses/primitive-reflex-integration-first-level#CEU>

Requirements for CEUs and/or Certificate

1. Read course manual and required handouts as indicated for each course section.
2. Attend and view all sessions.
3. Actively practice the movements for yourself and record your experience in brief journal entries.
4. Show competency in practical application through two written case studies.
5. Complete an online end-of-course evaluation survey.
6. Complete a multiple-choice exam with a score of 75% or higher.

Journal Entries and Case Studies are submitted in Word format to Sonia Story, instructor, via email to support@moveplaythrive.com

Related 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 innate 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.

It is likely that a high majority of children and adults with learning challenges have un-integrated or incomplete reflexes that may cause mild to severe obstacles in functioning and in learning. Rhythmic and reflex integration movements promote calm, organized and mature neuro-sensory-motor foundations and can be used for all ages to address a wide range of functional challenges.

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