

RMTi Foundation Class Elmhurst, IL February 8 - 10, 2019

RMTi One - for focus, organization & comprehension

RMTi Two - for memory, emotions & behavior



Friday - Sunday

February 8 - February 10, 2019

9:00 am – 6:00 pm

21 Contact Hours (2.1 CEU credits)

Instructor: Elizabeth Hickman

Observer: Moira Dempsey

This is a Level One & Two Combined Course. Participants will complete both Level One & Level Two in the 3 days of class.

Ideal for OTs, OTAs, PTs, PTAs, SLPs, parents, social workers, family and mental health therapists, developmental optometrists and VTs, classroom teachers; special education teachers; nursery and preschool teachers, health care providers; massage therapists, trauma specialists and caregivers; kinesiologists, and Brain Gym instructors.

RMTi One: In this 2-day course participants learn the basics of the Rhythmic Movement Training: how rhythmic movements can be used to assist in regulating muscle tone; stimulating the connections between the cerebellum and the neocortex, especially the frontal lobes in order to improve attention and control impulses. The course also includes examining the role of the primitive reflexes in development, and how to integrate them using rhythmic movements and isometric pressure.

RMTi Two: This 1-day course addresses how the Rhythmic Movement Training affects our emotions, how to work with movements to get in touch with our emotions and to stabilize them when they threaten to take control. It also examines how stress and daily life affects our body and how the rhythmic movements can help to relax and ease muscle tension. It is a necessary supplement for anyone who wishes to work with rhythmic movement training.

Full Color Manuals Provided for Level One and Level Two



Moira Dempsey

Moira Dempsey has been learning and teaching RMT since 2003. She has been involved with Brain Gym® and Touch for Health since 1991. Moira was a member of the Educational Kinesiology Foundation Board of Directors from 2003 until Jan 2013. Moira has taught extensively in North America, Europe, Asia and Africa. She is a co-founder of Rhythmic Movement Training International, based in Melbourne, Australia. Moira received outstanding achievement awards from the EduK in 2000 and 2005, and a special award in 2012 honoring her many years of service to Brain Gym worldwide. In 2008 she received the Humanitarian Award from the Australian Kinesiology Association. She is the developer of the Face the Fear training course and co-author of the book, Movements That Heal. She is a co-founder of Rhythmic Movement Training International, based in Melbourne, Australia. She also mentors people wishing to become RMT instructors



Cost

Early Bird Pricing for both Level 1 & 2 (<i>Before January 7, 2019</i>)	\$600
Regular Pricing for both Level 1 & 2 (<i>After January 7, 2019</i>)	\$650
RMT Level 1 ONLY	\$425
RMT Level 2 ONLY (Pre-req RMT level 1)	\$200

Repeat Course** \$325

**Repeat Courses are 1/2 price, must bring own manual.

Updated manuals available for purchase in class.

Repeat Course with NEW Manuals** \$395

[REGISTER HERE](#)



Location

Thrive Therapy, LLC
322 Montrose Avenue
Elmhurst, IL 60126



Additional Information

- Dress comfortably as we will be moving around
- Please come fragrance free
- Bring water
- And most of all bring your learning tool box

For more information about these classes contact:

RMTi Office: Courtney Green • Email: courtney@rhythmicmovement.org

Local Sponsor: Elizabeth Hickman • Email: elizabeth@thrivetherapy.info



What is Rhythmic Movement Training?

RMT looks at the role of developmental movements that babies naturally make before birth, during the first six months after birth, as they get up on their hands and knees and as they learn to walk.

RMT looks at how these movements are crucial in laying down the foundations for neural network pathway growth and myelination in the brain, and its effect on learning as we grow and develop, and come to rely on the lifelong postural reflexes. RMT works with integrating the retained, or underdeveloped, infant reflexes that are involved in learning challenges such as ADD/ADHD, dyslexia, dyspraxia, writing problems, focussing and comprehension challenges, co-ordination difficulties and Asperger's Syndrome.

Discover more about RMTI at

www.rhythmicmovement.org