

# RMTi Foundation Class

## A Reflex Integration Course

November 1-3, 2019

Elmhurst, Illinois



This is a Level 1 & 2 combined course. Participants will complete both Level 1 and 2 in the 3 days of class.

**RMTi Level One: for focus, organization and comprehension.** In this 2-day course (July 19-20th) participants learn the basics of 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 examines the role of the primitive reflexes in development, and how to integrate them using rhythmic movements and isometric pressure. **RMTi Level: for memory, emotions and behavior.** This 1-day course (July 21st) addresses how RMTi affects our emotions, how to work with movements to get in touch with our emotions, how stress and daily life affects our body, and how the rhythmic movements can help to relax and ease muscle tension.

### **Course is Suitable for :**

Physical Therapists,  
Occupational Therapists,  
Speech Therapists,  
Developmental  
Optometrists, Vision  
Therapists and  
Specialists, Family and  
Mental Health therapists,  
Social Workers,  
Psychologists,  
Practitioners specializing  
in neurodevelopment,  
Kinesiologists, Teachers,  
Osteopaths,  
Chiropractors, Physicians,  
other health care  
providers, Parents,  
Caregivers...

### **CEU Hours:**

**21 Hours IPTA**  
**21 Hours IOTA**

**21 Hours Early Intervention**

### **Instructor:**

**Elizabeth Hickman, MPT**  
Certified RMTi Instructor

### **Course Hours:**

9:00 am - 5:30 pm

### **Location:**

322 Montrose Avenue  
Elmhurst, IL 60126

### **Cost:**

Level 1 & 2 \$625 prior to Oct 1st  
Level 1 & 2 after Oct 1st \$670  
Level 1 only \$425 prior to Oct 1st  
Level 1 only \$470 after Oct 1st

### **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 retained infant reflexes that are involved in learning challenges such as ADD/ADHD, dyslexia, dyspraxia, writing problems, focusing and comprehension challenges, coordination difficulties and Autism.

Space is limited, so please reserve your spot by via <https://form.jotform.com/91056192722152> or payment can be sent directly to THRIVE THERAPY, 322 Montrose Ave, Elmhurst, IL 60126

name

email

address

phone number