



RMTi Foundation Class

A Reflex Integration Course

Sunday – Tuesday on February 2 - 4, 2020

Instructor: Elizabeth Hickman, MPT, Certified RMTi Instructor, Thrive Founder and Owner

8:15 am - 4:30 pm

LOCATION: 410 Hungry Harbor, Valley Stream, Long Island, New York

21 Contact Hours

This course is designed to help the learner understand the importance of integrating primitive reflexes and the impact a non-integrated reflex has on neurodevelopment. Integrated reflexes anchor emotion and behavioral regulation, improve concentration, muscle tone, motor coordination and cognitive pathways for learning. RMT explores techniques to assess and integrate primary motor reflex patterns using brain-building movements for help with concerns related to: ADD/ADHD, Autism, Dyslexia, Anxiety, Speech, Learning and Developmental Delays, Social, Emotional, Sensory, Behavioral and Motor Challenges.

RMT Level 1 for Focus, Organization & Comprehension (14 contact hours)

Learning Outcomes: In this 2-day course (February 2 & 3, 2020) 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.

Course Objectives:

- Identify the innate rhythmic movements of infancy and recall why these movements promote brain development, effective learning, speech development, emotional balance, stress release, stamina and postural strength.
- Demonstrate an understanding of 17 Rhythmic Movements.
- Indicate if primitive reflexes are un-integrated and discuss the importance of integration to foundations of sensory-motor, emotional and cognitive function.
- Describe the research showing the connection between un-integrated reflexes and functional challenges.
- Assess 6 key primitive and postural reflexes for clients: Tonic Labyrinthine, Spinal Galant, Landau, Babinski, Symmetrical Tonic Neck Reflex, and Amphibian Reflex.
- Assess 6 key primitive and postural reflexes for clients: Tonic Labyrinthine, Spinal Galant, Landau, Babinski, Symmetrical Tonic Neck Reflex, and Amphibian Reflex.
- Experience, notice and express ‘before and after’ changes that occur from doing 17 Rhythmic Movements
- Demonstrate the movement patterns and protocols for integrating 6 key primitive and postural reflexes TLR, Spinal Galant, Landau, Babinski, Symmetrical Tonic Neck Reflex, Amphibian Reflex.

No pre-requisite required

Level 2 RMT for Emotions, Memory & Behavior (7 contact hours)

Learning Outcomes: This 1-day course (February 4, 2020) 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. Methods for integrating Fear Paralysis, Moro Reflexes and Tendon Guard will be learned. In addition to ways to release muscle tension and address emotional upset.

Course Objectives:

- Demonstrate 17 Rhythmic Movements plus additional movements for limbic system integration and coordination of upper and lower body.
- Recognize why and how to use 17 Rhythmic Movements for all ages, infant to adult.
- Assess one key intrauterine reflex - Fear Paralysis Reflex, and the key primitive Moro Reflex and one protective reflex, Tendon Guard reflex.
- Identify whether an individual’s behavior indicates an underdeveloped limbic system imbalance
- Demonstrate the movement patterns and protocols for integrating two key reflexes - Fear Paralysis Reflex and Moro Reflex and one protective reflex, Tendon Guard reflex.
- Identify protocols to release tension patterns from areas affected by the Tendon Guard Reflex—legs, hip, back, neck and shoulders.

Illustrated **NEW AND UPDATED MANUAL**

Pre-requisite – level 1

Certificates will be awarded

WHAT IS RHYTHMIC MOVEMENTS?

Rhythmic Movements are gentle rocking and reflex integration movements that stimulate neural pathways and promote learning, emotional balance and ease of movement. RMT is an effective way to help with symptoms of ADD/ADHD, learning challenges, autism and behavioral/emotional imbalances without the use of drugs

BACKGROUND AND DESCRIPTION:

RMTi is based on the work and contributions of Swedish self-taught movement therapist Kerstin Linde, Swedish psychiatrist Harald Blomberg and Australian educator and kinesiologist, Moira Dempsey. The courses taught by Rhythmic Movement Training International (RMTi), founded by Moira Dempsey, combine the rhythmic movements with in-depth reflex integration techniques into an effective program that is taught world-wide by a growing network of certified trainers.

AGENDA: RMT 1: Day One

- 8:15-12:30 Theory, background of rhythmic movement training
Importance of Reflexes, impact on learning and behavior
- 12:30 – 1:15 Lunch (on your own)
- 1:15 – 4:30 Cerebellum Functions and brain influence on motor control and coordination

RMT 1: Day Two

- 8:15 - 12:30 Reflex checking, testing, and integrating with lab
- 12:30 – 1:15 Lunch (on your own)
- 1:15 – 4:30 Continue with reflex checking, testing, and integrating with lab

RMT 2: Day Three

- 8:15-12:30 Development of the limbic system and challenges
Fear Paralysis Reflex and lab
Motor Function & the Limbic System and lab
Moro Reflex and lab
- 12:30 – 1:15 Lunch (on your own)
- 1:15 – 4:30 Tendon Guard and lab
Q&A

There will be a mid-morning and mid-afternoon break on all days

COST OF COURSE

- \$625 Early Registration (postmarked by January 6, 2020)
- \$650 Registration
- \$615 Group of 3 or more (postmarked by January 6, 2020)
- \$300 Repeat level 1 and level 2
(not including cost of new manual)
- Full attendance of this course qualifies for 21 Educational Credits

Contact Hours 2.1 CEUs,

25.2 contact hours for NY- PT's

LIMITED ENROLLMENT

CANCELLATION POLICY: We reserve the right to cancel any course due to insufficient registration or extenuating circumstance. Please do not make non-refundable travel arrangements until you have called us & received confirmation that the course will be held. We are not responsible for any expenses incurred by participants if the course must be cancelled.

REFUND POLICY: A full refund less \$75 dollars administrative fee per course will be given for cancellations received up to **15 days** prior to the course. After that no refunds will be given for cancellations. This policy will be waived if a replacement participant is found.

Please contact our office for any special need's requests.

Approved for Sponsor by the NY State Board for

OT's & OTA's

TheraMoves Services, LLC is recognized by the New York State Education Department, State Board for **Physical Therapy** as an approved provider for physical therapy and physical therapy assistant continuing education. **This course qualifies for 25.2** contact hours.

TheraMoves is Approved by NYSED for **Continuing Teacher and Leader Education** (CTLE approval 23490)

INSTRUCTIONAL METHODS: This presentation will provide **hands on applications** that are supported by theory. The sessions will include interactive demonstrations through labs, PowerPoint presentations together with hands on demonstrations.

COURSE LEVEL: Beginner/Intermediate/Advanced

TARGET AUDIENCE: OTs, PTs, LMTs, SLPs, social workers & special educators, neurodevelopmental practitioners

ABOUT THE PRESENTER: Elizabeth Hickman, Thrive founder and owner, Masters of Physical Therapy (MPT) RMTi consultant, Certified Irlen Screener, Educator, A graduate of Northwestern Medical School, Elizabeth is a licensed Physical Therapist (MPT) working primarily in the schools with children. Practicing since 2001, she noticed a growing number of students with no diagnoses but challenged by the school setting. Physical therapy training programs offer explanations only as they relate to hard diagnoses. Without a diagnosis, a normally developing child should be able to throw a ball, skip or stay in their chair. Why was she seeing so many children with challenges that didn't make sense? Teachers would probe for information that she couldn't provide. Elizabeth wanted answers beyond what traditional PT could provide. Determined to help these school children feel more successful and then having a child of her own with regulation challenges and underlying anxiety, Elizabeth dove deeper. While researching, she discovered the importance of primitive reflexes when dealing with the nervous systems' development. This led to a concentrated study of reflex integration, nutrition and other strategies that has completely transformed her practice to help children and adults. She has developed a comprehensive movement-based program using various modalities to build stronger neural connections. She is passionate about the neuroplasticity of the brain and the opportunity for change.