

Reflex Integration - RMTi Rhythm, Movement and Play Friday, February 28, 2020

hosted by Holt-Sunny Ridge, Bolingbrook, IL



Change. Grow. Thrive.

Rhythm, Movement and Play is an introductory one-day class for people wishing to learn the basic Rhythmic Movement Training International (RMTi) movements and how to use them with young children. A fun interactive class; a perfect course for **parents, teachers, educational staff, therapists...** or anyone and who is interested in experiencing the movements.

Main Topics

- The role infant movement and reflexes play in brain growth, learning, emotional development and behavior, and the research showing the crucial importance of integrating infant reflexes for foundational sensory processing and learning skills.
- Reasons why un-integrated reflexes are a major factor in challenges such as ADD/ADHD, dyslexia, developmental delay, sensory processing disorder, autism, chronic stress/overwhelm and other learning, emotional and behavioral difficulties.
- How Rhythmic Movement Training creates neural links between the brainstem, cerebellum, limbic area and prefrontal cortex and how this helps with stress release, speech development, social-emotional skills, physical skills, learning and behavioral challenges.

We will be Learning to

- 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 many of the Rhythmic Movements
- Build a foundation of activities that can be used to work with children to promote postural and emotional balance
- Experience, notice and express 'before and after' changes that occur from doing the Rhythmic Movements and other activities.

Prerequisites

- None for this course; for everyone

CEU Hours:
**7 Hours Approved Illinois
Physical Therapists,
Occupational Therapists,
Illinois Early Intervention
Specialists, Social Workers
and Counselors**

Instructor:
Elizabeth Hickman, MPT
Certified RMTi Consultant
and Instructor

Course Hours:
9:00 am - 5:30 pm
(1-hour lunch on your own)

Location:
Holt-Sunny Ridge
270 Remington Blvd. Suite D
Bolingbrook, IL 60440

Cost:
prior to January 31 - \$235
or \$260 after

Questions:
elizabeth@thrivetherapy.info
630.881.0736

**Space is limited to 20 participants,
please reserve your spot via credit card at <https://form.jotform.com/200074320699150>
or checks can made out and be sent directly to
THRIVE THERAPY, 322 Montrose Ave, Elmhurst, IL 60126**

name

email

address

phone number