

## Movement for Brain-based Learning and Therapy: a Neuro-developmental Approach

© Dr. Martha Eddy, RSMT, CMA March 24, 2007

## 1. Movement links to brain development:

Neuro-maturation, dynamical system theory, and somatic perspectives Children and Adults learn to move and express with ease while revisiting the first year of life's building blocks of movement - rolling, crawling, sitting, standing and walking.

2. Various neuro-developmental models:

From breath to cross-lateral coordination (includes in-utero patterns)/ Reflexes, Righting, Equilibrium:

Breath - Navel Radiation - Spinal - Homologous - Homolateral - Contralateral (BMC)

Breath – Core-Distal – HeadTail – Upper/Lower – Body Halves – Diagonal (BF)

Body-Mind Centering® - BMC (the work of Bonnie Bainbridge Cohen, OTR)

Bartenieff Fundamentals of Movement: dance therapist and physical therapist Irmgard Bartenieff

Including Movement Description elements from Laban Movement Analysis (LMA) Kestenberg Movement Profile (child psychoanalyst who studied with Bartenieff) Body, Space and Brain article by Bartenieff

3. Services at the Center for Kinesthetic Education use neuro-motor activities

Individual and Small Group work with Children

Developmental Check-ins: for infants, toddlers and their families

Multi-disciplinary Tutoring, Seasonal Art Days, Socializing through Play After-school groups Private Sessions/Evaluations/School Placement

Consulting in schools and hospitals:

Infusing Kinesthetic Approaches in Classroom and with School Psychologist's assessment Workshops: movement and dance for any subject including math, eco-moves, bullying. Exercise programming for health, fitness and improved learning

4. Assessing children's coordination patterns / Setting up home, educational and therapeutic environments

Support physical development in infants, children and adults through creative interaction Selecting brain-based movement activities to meet different physical goals

Relate to the development of skills in emotional expression, cognition, and creativity Adaptations for all kinds of needs (PDD, ASD, SPD, CP, LD, ED, stroke)

5. Professional Development: Dynamic Embodiment Somatic Movement Therapy Training: Partnership with SUNY Empire State College <u>www.MovingOnCenter.org/SMTT.htm</u> Motor Development is a core course along with movement analysis and Anatomy/Physiology//BodyMind Dancing©/ and Supervision Groups. Classes identify movement weaknesses and strengths, as well as exercises to balance these skills. Course credit available for each workshop.