

## RMT Focus Series Level 1 & 2

**RMT 1 for Focus, Organization & Comprehension**  
**RMT 2 for Emotions, Memory & Behavior**

**Monday-Wednesday – August 5, 6 & 7, 2019**

Instructor: *Janet McDonald, MEd, LMT, CH* Neurodevelopmental Therapist & Instructor

**Monday 8:30 a.m. - 5:00 p.m.**

**Tuesday & Wednesday 8:30 a.m. – 4:30 p.m.**

**LOCATION: 2913 Avenue L, Brooklyn, NY**  
**(off Nostrand Avenue) (nearby #2 & #5 trains, B44)**

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

**Learning Outcomes:** How rhythmic movements assist in integrating reflexes, why this is important, and how to stimulate brain connections for increased impulse control, attention, balance, coordination, stamina, and learning.

**Accredited Hours:** 13.5 Contact Hours 13.5 NBCOT PDU's 1.35 CEU's  
**16.2 contact hours for PT's - Certificates will be Awarded**

Dates: Monday and Tuesday August 5 & 6, 2019

No Pre-requisites

**Includes:**

- Info on how RMT builds neuro-sensory-motor foundations for higher-level learning skills
- Basics on brain development and ADD/ADHD
- Ways to identify developmental imbalances
- Methods for integrating primitive reflexes
- Experiential learning of 17 foundational RMT active and passive movements
- Illustrated **NEW AND UPDATED MANUAL**

### Level 2 RMT for Emotions, Memory & Behavior

**Learning Outcomes:** Learn effective RMT techniques for integrating developmental reflexes that are critically important for sensory integration as well as social and emotional maturity. Learn movements that release anxiety and stored emotional tension.

**Accredited Hours:** 6.5 Contact Hours 6.5 NBCOT PDU's .65 CEU's  
**7.8 contact hours for PT's - Certificates will be Awarded**

Dates: Wednesday, August 7, 2019

Pre-requisites RMTi 1

**Includes:**

- Methods for integrating Fear Paralysis, Moro Reflexes and Tendon Guard
- Basics on motor function and the limbic system
- Ways to release muscle tension and address emotional upset
- Info on use of RMT for brain connectivity in frontal lobes
- Ways to support those with ASD using RMT
- Illustrated **NEW AND UPDATED MANUAL**

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.

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

COURSE LEVEL: Beginner/Intermediate/Advanced



**Info@TheraMoves.com www.theramoves.com 347-379-1359**



### **AGENDA: RMT 1: Day one**

- 8:30-12:30 Theory, background of rhythmic movement training  
Importance of Reflexes, impact on learning and behavior  
Brain Stem and Neural Chassis Integration with Passive Rhythmic Movements and lab
- 12:30 – 1:30 Lunch (on your own)
- 1:30 – 5:00 Cerebellum Functions and brain influence on motor control and coordination  
Active Rhythmic Movements for cerebellar stimulation  
The Basal Ganglia Functions and RMT, impact of deficit  
Isometric Pressure Techniques and lab  
Tonic Labyrinthine Reflex and lab

### **RMT 1: Day Two**

- 8:30-12:30 The Landau and Amphibian Reflex and lab
- 12:30 – 1:30 Lunch (on your own)
- 1:30 – 4:30 The Symmetrical Tonic Neck Reflex and lab  
Spinal Galant and lab  
The Babinski Reflex and lab

### **RMT 2: Day three**

- 8:30-12:30 Limbic System: Emotional regulation, memory and learning  
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 – 1:30 Lunch (on your own)
- 1:30 – 4:30 Pre-Frontal Cortex: neuroscience foundations and implications for function and regulation Emotional & Physical Reactions to Rhythmic Movements  
Tendon Guard and lab

*What is RMT? Rhythmic Movement Training™ (RMT) was originally developed in Sweden by movement therapist, Kerstin Linde. It was then expanded upon by psychiatrist Harald Blomberg, MD, who was astounded to find that the rhythmic movements helped his patients recover from psychosis and schizophrenia. Dr. Blomberg, with kinesiologist Moira Dempsey, combined the rhythmic movements within-depth reflex integration techniques to create an effective program for individuals of all ages and abilities that is taught by a network of certified trainers worldwide through RMT International.*  
<https://rhythmicmovement.org>

**For more info visit: [www.theramoves.org](http://www.theramoves.org)**

### *COST OF COURSE*

**\$610 Early Registration (*postmarked 21 days prior to course*)**

**\$625 Registration**

**\$595 Group of 3 or more (*postmarked 21 days prior to course*)**

**\$300 Repeat level 1 and level 2**

*(not including cost of new manual)*

Full attendance of this course qualifies for 20

Educational Contact Hours 2.0 CEUs

**\*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.

### **Approved for Sponsor by the NY State Board for OT's and 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 24 Contact Hours.**

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

**ABOUT THE PRESENTER: JANET MCDONALD M.ED, LMT, CH Neurodevelopmental Therapist.** Janet trained directly with the founders of RMT™, psychiatrist Harald Blomberg, MD, and kinesiologist Moira Dempsey. She is a Learning Specialist, Licensed Massage Therapist LMT # MA64436, has studied numerous methods of Reflex Integration and served as international instructor. Her further training and instructing in Developmental Movement, Specialized Kinesiology, Jin Shin Jyutsu Acupressure, Bal-a-vis-x, and emotional release techniques inform her private practice.

### *What People are saying about RMT*

*Rhythmic movements have been a practical, simple and useful tool to implement in my OT sessions. I've used the movements with children as young as 16 months and up to 15 years old. My experience with RMT has been really exciting and rewarding. Almost all the children I use them with love them - they tend to help the child relax, focus and prepare the body and brain for learning and play. They often ask for more, ask their parents to do it at home, and appear to be a lot happier after implementation. Parents love RMT because it's easy to teach, do and isn't time consuming. It provides special 1:1 time for a child and parent and even as a 'giver' of RMT I find it to be very calming – Robyn, OTR/L, M.Sc. OT (University of Toronto),*

*This summer I saw a 2-yr. old child (who was born C-section) was waking up 4-5 times a night, mom started RMT neural chassis work with fear paralysis (FPR) and on those nights, he only woke up maybe 1 time and that made his day so much better! M.K. OT*

*Yes, the RMT works beautifully for Moro and Babinski I also find it is the way you approach the child that makes a difference as well  
Lisa L, PT, Early Intervention NY*

*I am finding that this IS the missing link while working with children and adults of all ages. I too am seeing difference in all my preemies that I work with they are all tolerating getting to hands and knees to rock. I am sure it is the rhythmic movements. The family are doing all five of the basic moves and these are children who still had ATNR with no sign of STNR. Peggy .T., OT I n PA"*

*The Child was blocked in movement by ATNR AND STNR patterns. At age 14 months, was not rolling, sitting, or reaching for toys. I gave mom and each of the four older siblings one specific RMT exercise to be done a minimum of twice daily. This was on a Thursday. I returned on Tuesday and he was no longer locked by the reflexes, was starting to roll to one direction, reach out toward objects, help pivot on his belly and have freer use of his extremities. It was amazing!  
Rosetta D., PT*