

# Rhythmic Movement Training

## RMTi Foundation Series Level 1 & 2

RMT 1 for Focus, Organization & Comprehension

RMT 2 for Emotions, Memory & Behavior

(Updated 2018 -Now includes additional reflexes, exercises and assessment methods)

**Instructor: Jenni Halstead**

**Wichita, Kansas**

SPROUT Therapy 3500 N. Rock Rd. Bldg 2200 Suite 101

**November 1, 2, & 3 2019**

**8:30 a.m. to 5:00 p.m.**

## What is Rhythmic Movement Training (RMT)?

RMT courses involve using movements and various reflex integration techniques for optimal neural development. Many people with challenges such as ADD/ADHD; Sensory Processing Disorders; Autism; Speech and Language Delays: Dyslexia; PTSD; Traumatic Brain Injury (TBI); Cerebral Palsy; Developmental Delays; Depression; Anxiety; etc. have reported positive changes after following an RMTi program. RMT can be used as a stand-alone modality or easily incorporated into being used with other practices and techniques.

### RMTi One – Focus, Organization & Comprehension

Accredited Hours: 14 Hours (1.4 credit units)

Date: November 1 & 2

*No Pre-requisites*

**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.

**Topics include:**

- How RMT builds neuro-sensory-motor foundations for focus and higher level learning skills
- Basics on brain development and reflex integration
- Ways to identify developmental imbalances affecting focus, organization and comprehension
- Information on a selection of reflexes involved in laying the foundations of focus and comprehension – Tonic Labyrinthine (TLR); Landau; Asymmetrical & Symmetrical Tonic Neck (ATNR & STNR); Spinal Galant; Amphibian; Infant Plantar & Babinski
- Methods for assessing and integrating primitive reflexes
- The passive, active and isometric rhythmic movements

*Includes a full color illustrated manual and movement menu*

### RMTi Two – Emotions, Memory & Behavior

Accredited Hours: 7 Hours (.7 credit units)

Date: November 3

*Pre-requisite: RMTi One*

**Learning Outcomes** - Learn effective RMT techniques for integrating developmental reflexes that are crucially important for sensory integration as well as social and emotional maturity.

**Topics include:**

- Ways to identify retained reflexes affecting emotions, memory and behavior
- Methods for integrating Fear Paralysis, Moro Babkin and Tendon Guard Reflexes
- Basics on motor function and the limbic system
- How to release muscle tension and emotional upset
- Using RMT to increase brain connectivity to the frontal lobes
- Movements to release anxiety and stored emotional and physical tension
- Ways to support people with SPD and ASD using RMT

*Includes full color illustrated manual*

**Teaching Methods** include a mixture of theory as well as practical, experiential applications, presented through a combination of PowerPoints, videos, demonstrations, discussions and practice sessions.

## RMTi Courses are suitable for:

Occupational therapists; Physical therapists; Speech therapists; parents; social workers; family and mental health therapists; developmental optometrists; and Vision therapists; yoga therapists; classroom teachers; special educators; nursery and pre-school teachers; school counselors; healthcare providers; massage therapists, trauma specialists and caregivers; Kinesiologists; Alexander practitioners; Feldenkrais practitioners; Brain Gym instructors; neuro-developmental practitioners; osteopaths; Chiropractors

### About Your Instructor



**Jenni Halstead** has worked in Occupational Therapy as a COTA/L for the past 21 years. She has worked in the public school setting for the past 11 years. She specializes in reflex integration and is a Licensed Rhythmic Movement Training International Instructor and Consultant. Jenni has used RMT extensively to assist children with improving and overcoming problems associated with ADHD, ADD, sensory disturbances, Autism, Dyslexia and reading deficits, visual and perceptual disturbances, behavioral and conduct disturbances, bowel and bladder concerns and Downs Syndrome. She has used RMT with adults who struggle with PTSD, sleep disturbances, bladder dysfunctions, anxiety, attention problems and depression.

### 3 day RMTi Level 1 & 2 Registration:

**Early Bird Pricing \$575** (Must Register by November 18, 2019)

**Regular Pricing \$625** (After Nov 18, 2019) (contact instructor to secure seat)

**Repeat Course with New Manuals \$370**

**Repeat Course \$315** \*\*Repeat Courses are 1/2 price, must bring own manual.

**Online Registration:** [www.brainandbodyconnections.com/training](http://www.brainandbodyconnections.com/training)

**-OR- Mail check & registration form to:**

Jenni Halstead 7327 Country Road Riley KS 66531

**CANCELLATION POLICY:** We reserve the right to cancel any course due to insufficient registration or extenuating circumstance. Please do not make nonrefundable 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 \$100 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.



**Email:**

[jenni@brainandbodyconnections.com](mailto:jenni@brainandbodyconnections.com)

**Phone:**

785-564-3705

**Websites:**

[www.brainandbodyconnections.com](http://www.brainandbodyconnections.com)

For more information about RMTi, policies, agendas & objectives etc.

[www.rhythmicmovement.org](http://www.rhythmicmovement.org)



### Mail in Registration Form

**Name:** \_\_\_\_\_ **Title:** \_\_\_\_\_

**Email:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_

**State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

#### Payment Enclosed (check payment only):

\_\_\_\_\_ \$100 Deposit (non-refundable unless class is cancelled by instructor)

\_\_\_\_\_ \$575 Early Bird price (full amount must be received by instructor before Early Bird deadline to qualify for discount)

\_\_\_\_\_ \$625 Regular price (after early bird deadline)

\_\_\_\_\_ \$370 Course Repeat with updated manuals \_\_\_\_\_ \$315 Course Repeat without new manuals, please bring your manuals

Please make checks payable to Jenni Halstead and mail to: Jenni Halstead 7327 Country Road Riley KS 66531