

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

9:00 a.m. to 5:15 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: July 8 & 9, 2022

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: July 10, 2022

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, BS, COTA/L has worked in OT for the past 25 years. She is an instructor and academic fieldwork coordinator in the Occupational Therapy Assistant program at Washburn University in Kansas. She worked in pediatrics prior to instructing at WU for 13 years, and has also worked in upper extremity rehab, acute care, and long-term care. 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, 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. She has taught RMT courses since 2015 in the US and Canada.

3 day RMTi Level 1 & 2 Registration:

Early Bird Pricing \$600 Early Registration (before June 15)
Regular Pricing \$625 (After June 15)
Repeat Course with New Manuals \$450 (manuals updated 2018)
Repeat Course \$370 **Repeat Courses are 1/2 price, must bring own manuals.

Registration: Contact Stephanie at Well Bellies & Babies.

There are a very limited number of registrations available due to limited seating.

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:



stephanie@wellbelliesandbabies.com

Phone:

913-231-8581

Websites:

Registration:

www.wellbelliesandbabies.com/schedule-of-events/

Instructor Website:

www.brainandbodyconnections.com

For more information about RMTi, policies, agendas & objectives

www.rhythmicmovement.org



AGENDA:

RMT 1: Day one

9:00-1:00 Theory, background of Rhythmic Movement Training, Importance of reflexes, their impact on development, learning, and behavior. Passive Rhythmic Movements with lab.

1:00 – 1:40 Lunch (on your own)

1:40 – 5:00 Sensory development and reflexes, classification of reflexes, journey of reflexes, Passive and active Rhythmic Movements with lab, impact of retained reflexes, Isometric Pressure Techniques and lab Tonic Labyrinthine Reflex and lab

RMT 1: Day Two

9:00-1:00 The Landau and Asymmetrical Tonic Neck Reflex and lab

1:00 – 1:40 Lunch (on your own)

1:40 – 5:00 The Symmetrical Tonic Neck Reflex and lab Spinal Galant and lab, The Babinski, Plantar, and Amphibian Reflexes and labs

RMT 2: Day Three

9:00-1:00 Limbic System: Emotional regulation, memory and learning Development of the limbic system and challenges Fear Paralysis Reflex and lab Motor Function, Moro Reflex and lab

1:00 – 1:40 Lunch (on your own)

1:40 – 5:00 Hand-mouth Babkin Reflex and lab, Rhythmic Movement and assessment for Tendon Guard and lab, Q&A

There will be a mid-morning and mid-afternoon break on all days. Q & A 5:00-5:15 Daily