

What is *Rhythmic Movement Training*?

RMT is a practice dedicated to bringing integration and balance to children and adults with specific learning obstacles including ADD/ADHD, dyslexia, dyspraxia, coordination difficulties Autism Spectrum Disorders and Parkinson's disease. It can also benefit people with mild to severe emotional and behavioural challenges, anxiety, panic, and general life overwhelm.

RMT is based on the work and contributions of Swedish self-taught movement therapist Kerstin Linde, Swedish psychiatrist Harald Blomberg and Australian educator and kinesiologist Moira Dempsey.

Babies natural movements were modified into exercises that provide an effective means of stimulating the tactile (touch), vestibular (balance and gravity) and proprioceptive (inner awareness of body) senses for integrated system operation

For additional information:

www.rhythmicmovement.com
www.rhythmicmovement.co.uk

www.thebrainbodyconnection.com

and



Movements that Heal

By Harald Blomberg M.D. and Moira Dempsey

Available from bookstores,
Equilibrium, Book Depository,
Amazon

Rhythmic Movement Training Level 1 for Focus, Organisation & Comprehension

With **Gill Brooksmith**
(BA. Applied Psych)

Hands-on Experiential Training *For*

OTs, PTs, kinesiologists, psychologists, counsellors,
behavioural optometrists, teachers, special needs educators,
early childhood workers, caregivers and parents

On this 2-day course participants learn the basics of the Rhythmic Movement Training: how rhythmic movements can be used to assist in regulating muscle tone; stimulating the connections between the cerebellum and the neocortex, especially the frontal lobes in order to improve attention and control impulses. The course also includes examining the role of the primitive reflexes in development & how to integrate each one using rhythmic movements and isometric pressure.

There is no pre-requisite for this course

For details of course fees and dates visit
<http://www.developingthebrain.co.uk>



Gill works as a Neuro-Developmental Kinesiologist helping adults and children in the UK and worldwide. Within her work she teaches one-to-one and runs training workshops in schools and special needs units.

She has found including the Rhythmic Movements invaluable in working with children with neuro developmental delay, dyslexia, lack of concentration, ADD/ADHD and behavioural difficulties.

Gill's 20 years experience contributes to participant's understanding of the impact RMT has on their client's neurodevelopmental progress. She trains Level 1, 2 & 3 plus other Early Year s courses in RMT

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