

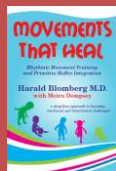
What is *Rhythmic Movement Training*?

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.

The practice evolved from studying the role of the movements and reflex patterns that babies naturally make from conception through walking.

Kerstin Linde, the originator, and Dr. Harald Blomberg, the developer, modified these natural movements into exercises that provide an effective means of stimulating one's tactile (touch), vestibular (balance and gravity) and proprioceptive (inner awareness of body) senses for integrated system operation. For more information, visit www.rhythmicmovement.com

and



Movements that Heal

By Harald Blomberg M.D. and Moira Dempsey

Available from bookstores,
Equilibrium, Book Depository,
Amazon

Rhythmic Movement Training Level 2 for Emotions, Memory & Behaviour

With **Gill Brooksmith**

Hands-on Experiential Training For

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

This powerful 2 day course follows on from Level 1 and works deeply with emotions and behaviour and:

- methods for integrating the Fear Paralysis & Moro Reflexes
- basics on motor function and emotional development
- 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
- how to work with RMT to get in touch with our emotions.

It is essential training for anyone who wishes to work with clients with behavioural and emotional issues, especially depression and Post Traumatic Stress syndrome.

Pre-requisite: RMT One

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



Gill Brooksmith qualified as an International Kinesiologist in 1994 and has incorporated Rhythmic Movement Training since 2007, when she trained with Dr. Harald Blomberg and subsequently with Moira Dempsey. 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. In her busy Cambridge practice she works with children from 3 years to 16 years including those on the autistic spectrum

Gill trains throughout Britain as a consultant and INSET trainer in Primary and Secondary schools.

She specialises in training courses related to Childhood reflexes, vision improvement and Maths and consults on a wide range of learning difficulties.

Gill trains in Britain, Europe, Middle East and Africa.