

Rhythmic Movement Training International

RMTi – Face The Fear

(Pre-requisite – RMTi Level 1 & 2)

Instructor: Moira Dempsey

July 13 & 14, 2024

Location: Mountain Park Church, 40 McNary Parkway
Lake Oswego OR 97035

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.

Face the Fear (RMTi for Communication & Emotional Stability)

Accredited Hours: 14 Hours (1.4 credit units)

Date: **July 13, 2024** **Time: 9:00 am to 6:00 pm**

July 14, 2024 **Time: 12 Noon to 6:00 pm**

Pre-requisites: Level 1 and 2

Class Description – This 2-day course expands our understanding of the role reflexes play in developing a sense of safety so we can learn to live with a sense of belonging, stability and confidence. The establishment of a healthy ability to bond and attach is essential for developing our ability to express and communicate on all levels – physically, emotionally, socially, mentally and behaviorally

Topics include:

- Recognize the importance of the FPR and Moro Reflexes in establishing a sense of security and stability.
- Indicate how clinging and grasping reflexes relate to the Moro reflex and how if they are retained, they can delay emotional maturity.
- Explain the role of reflexes in developing language.
- Recognize how retained reflexes can affect emotional and behavioral development.
- Identify emotions with specific retained reflexes.
- Demonstrate passive isometrics to promote postural, proprioceptive and vestibular integration.
- Summarize the role of reflexes in establishing bonding and attachment
- Review the role and functions of the flight-or-fight response
- Demonstrate how to use facial massage techniques to integrate reflexes influential in developing language and emotional maturity
- The role infant movement and reflexes play in language development, emotional stability, impulse control, curiosity, developing relationships and independence.

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

RMT Courses are suitable for

Occupation 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 counsellors; healthcare providers; massage therapists, trauma specialists and caregivers; kinesiologists; Alexander practitioners; Feldenkrais practitioners; Brain Gym instructors; neuro-developmental practitioners; osteopaths; chiropractors etc.

Moira Dempsey

Moira Dempsey, from Melbourne Australia has been involved with Brain Gym® and Touch for Educational Kinesiology Foundation Board of extensively in North America, Europe, Asia, Movement Training International, now based in achievement awards from the EduK Foundation in her many years of service to Brain Gym worldwide. In Australian Kinesiology Association. She is the developer or co-developer of all the *RMTi* training courses; author of the book *Beyond the Sea Squirt: A Journey with Reflexes* and co-author of the book, *Movements That Heal*. She also mentors people wishing to become RMTi instructors.



been learning and teaching RMT since 2003. She has Health since 1991. Moira was a member of the Directors from 2003 until Jan 2013. Moira has taught Middle East and Africa. She is a founder of Rhythmic Houston TX USA. Moira received outstanding 2000 and 2005, and a special award in 2012 honoring 2008 she received the Humanitarian Award from the

Information and Registration

<u>Class:</u>	<u>Full Price:</u>	<u>Early Day</u> <i>Full payment 28 June 2024</i>	<u>Review</u>
RMTi Face The Fear <i>(Plus additional \$20 certificate fee paid when registering attendance on the RMTi website)</i>	\$530	\$480	\$265

Location: Mountain Park Church
40 McNary Parkway
Lake Oswego OR 97035

Times: Saturday July 13, 2024 - 9:00 am to 6:00 pm
Sunday July 14, 2024 – 12 noon to 6:00 pm

For more information to register and pay via Check, Paypal or Venmo please contact Donna Drury

donna.newpathways@gmail.com +1-503-421-5328

After registering with Donna Drury please also sign into your RMTi dashboard and register your attendance at <https://rhythmicmovement.org/product/face-the-fear-moira-dempsey-july-13th-2024/>