

HOW IS IT THAT YOU MOVE?



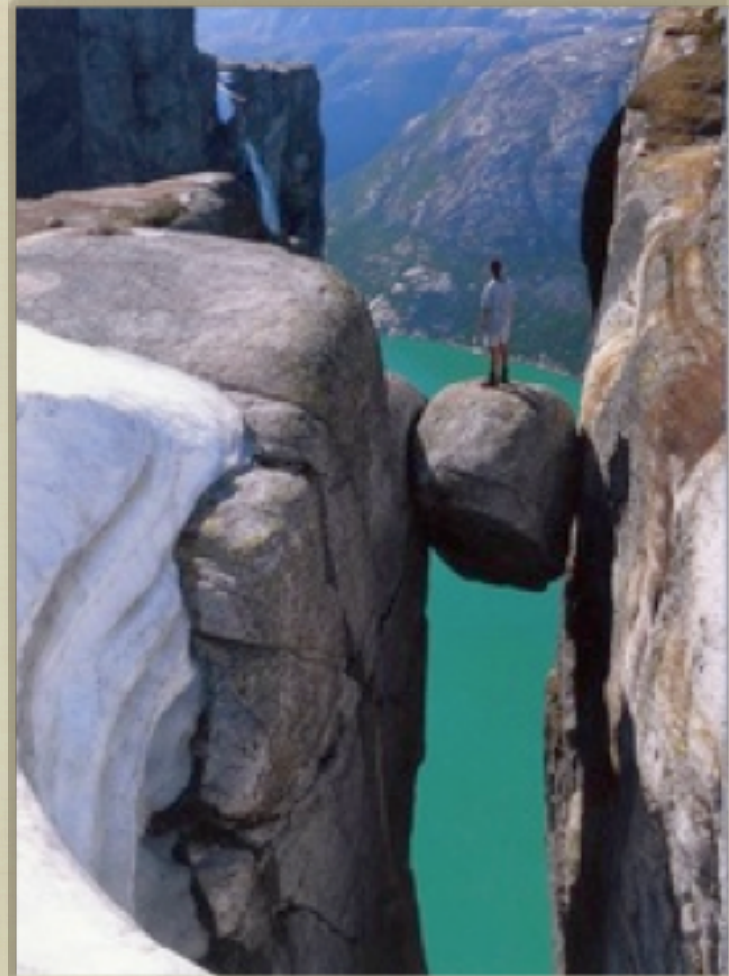
MOVEMENT INCLUDES:

- *TIMING,
- *STRESS,
- *INTENSITY,
- *SPEED,
- *FLUIDITY,
- *DURATION,
- AND
- *TARGETING
- INHIBITION



THINK OF A TIME
WHEN YOU WANTED
TO LEARN A SKILL
AND

WHAT HELPED? WHAT DIDN'T?



SUCCESSFUL MOVEMENT..

- HAPPENS WITH LOTS OF OPPORTUNITY TO EXPLORE THE “HOW”
- TRUSTS THE INTELLIGENCE OF THE MIND AND BODY
- DEVELOPS WITH THE RIGHT KIND OF SUPPORT



UNDERSTANDING THE.. 'HOW'

- WHAT MAKES IT HAPPEN?
- WHAT MAKES IT EASIER?
- WHAT MAKES IT HARDER?
- WHAT MAKES IT RELIABLE?



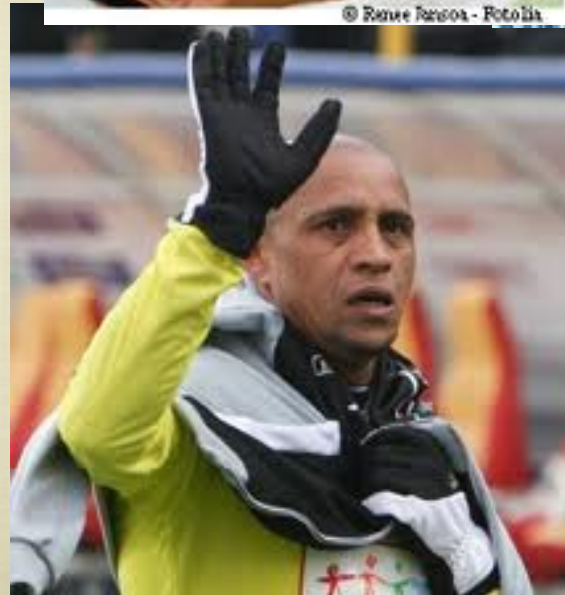
THE GOOD NEWS.....

- OUR BODIES ARE MADE FOR MOVEMENT.
- OUR BRAINS CAN CHANGE.
- THE BRAIN-BODY CONNECTION IS BUILT ON EXPERIENCE.

NOTHING IS
IMPOSSIBLE,
THE WORD
ITSELF SAYS
“I’M POSSIBLE”!
- AUDREY HEPBURN

THREE TYPES OF ACTION:

- REFLEXIVE ACTION
- HABITUAL/CONDITIONED ACTION
- CYCLIC STEREOTYPICAL ACTION



REFLEXIVE ACTION

- NO MOTIVATION
- SIMPLE STIMULUS/
RESPONSE
- ENGAGES FOR THE PURPOSE
OF SAFETY AND PROTECTION
- BRIDGES THE WAY TO
HIGHER LEVEL LEARNING,
BUT NEEDS TO BE
INTEGRATED



HABITUAL/CONDITIONED MOVEMENT

- ENGAGES THE HIGHER BRAIN FOR DEVELOPING EASY AUTOMATED ACTION CONNECTED WITH CLEAR INTENTIONAL MOTIVATION
- NEEDS TO BE FLEXIBLE AND OPEN TO REVIEW AND CHANGE
- PROVIDES FOR EFFICIENCY OF MOVEMENT



CYCLIC/STEREOTYPICAL MOVEMENT

- DEVELOPS OUT OF A WEAKENED HIGHER CONSCIOUS CENTER
- MECHANICAL PHENOMENON OF THE LOWER BRAIN CENTER
- NOT DRIVEN BY MOTIVATION BUT BY THE MECHANISM BY WHICH IT IS PRODUCED
- LEADS TO INEFFECTIVE MOVEMENT STRATEGIES



HOW IS CONSCIOUS MOVEMENT BROUGHT ABOUT?

Ideation

Motor
Planning

Execution

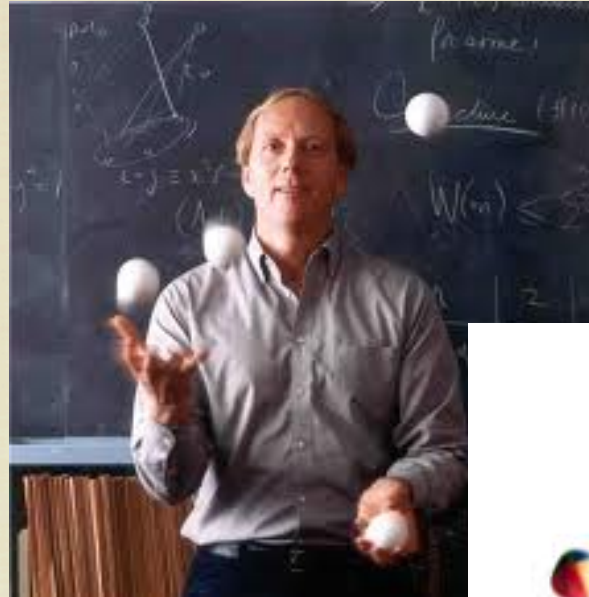
MOTIVATION AND ACTION:



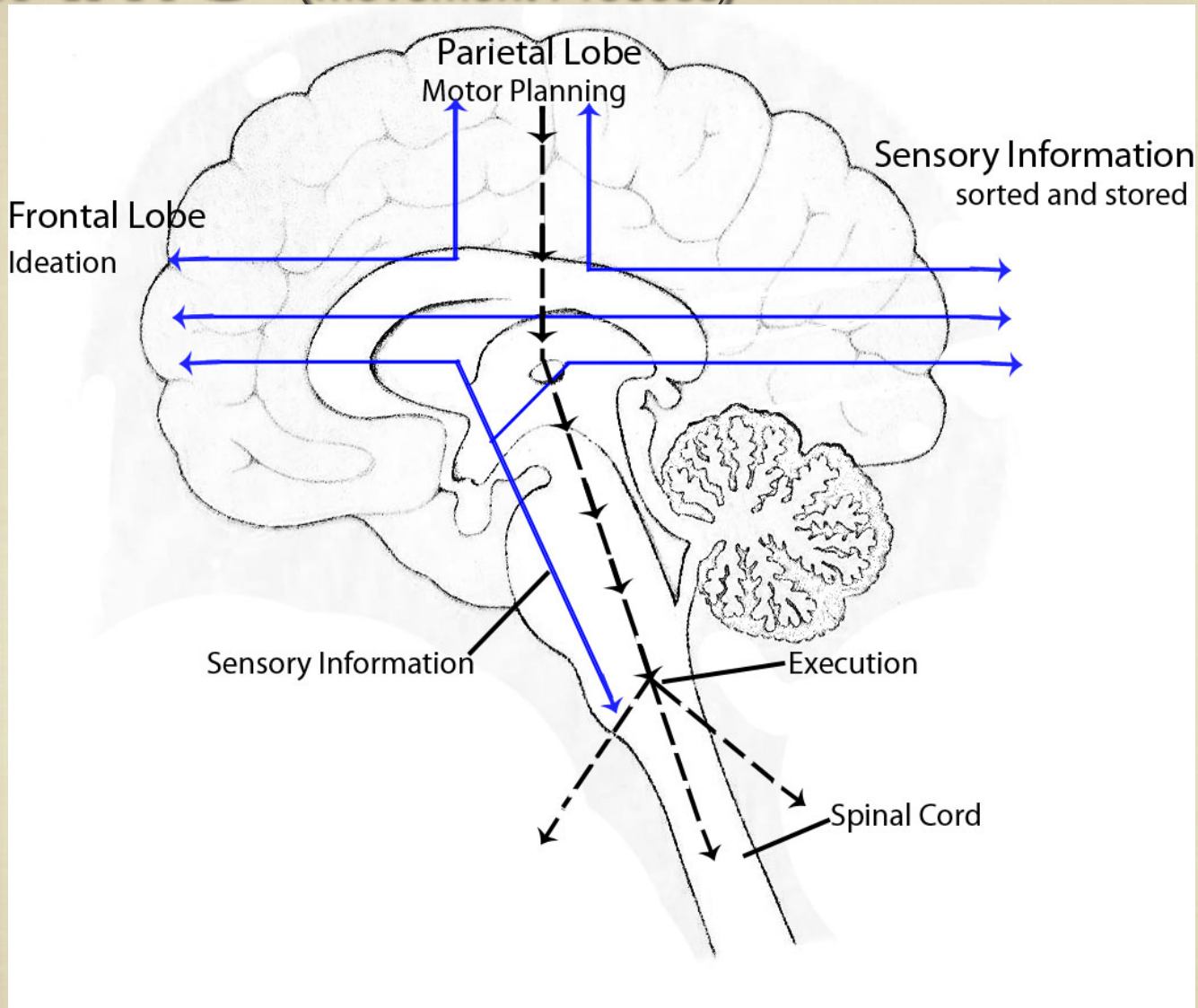
- **SIMPLE EXPERIMENT - SEVERAL TIMES TURN YOUR HAND WITH YOUR PALM UP AND YOUR EYES CLOSED, THEN REPEAT IT WITH YOUR EYES OPEN.**

SPONTANEOUS AND INTENTIONAL MOVEMENT

- THE CONSCIOUS ACT IS MONOMOTIVATED, AND THE SKILL OF ACTING CONSISTS OF ACQUIRING THE ABILITY OF INHIBITING AND EXCLUDING ALL THE PARASITIC ELEMENTS THAT TEND TO ENACT THEMSELVES BY HABIT, CONDITIONING AND STEREOTYPED MOTION. "THE POTENT SELF" PG. 20



PRAXIS (movement Process)



***ANTICIPATION**

Ideation
Using the store of sensory information to formulate a plan

***INTENTION**

***FORMULATION**

Motor Planning
Working out how, what and where to move and in what order the movements are to occur

PROCESS

***INITIATION**

Execution
Sending the message from the brain to the designated muscle groups and then monitoring how well the action was performed.

***ACTION**
***EVALUATION**

MOTIVATION AND ACTION:



- **SIMPLE EXPERIMENT - START WITH YOUR PALM DOWN AND YOUR EYES CLOSED. MOVE YOUR HAND SLOWLY AND STOP WHEN IT FEELS TOO HARD. THINK ABOUT HOW TO MAKE IT EASY. WHAT CAN YOU MOVE TO FINISH THE ROTATION? CHECK IT OUT WITH YOUR EYES OPEN.**

COMPONENTS OF MOVEMENT

STARTING POSTURES

STOPPING

ACTIONS

EXECUTING

SPEECH

CONTINUING

THOUGHTS

PERCEPTIONS

COMBINING

EMOTIONS

SWITCHING

MEMORIES

MOVEMENT REQUIRES US TO BE ORGANIZED IN THREE AREAS:



AROUSAL

**EMOTIONAL/
MOTOR
REGULATION**

**FOCUS AND
ATTENTION**

AROUSAL



- **LEARNING HAPPENS BEST WHEN THE BODY IS IN A GOOD STATE OF AROUSAL, NOT OVER AROUSED OR UNDER AROUSED.**

AROUSAL: THE HIDDEN PROBLEM

AROUSAL
EFFECTS BODY
TONE,
INITIATION,
IMPULSIVITY
AND ALL
ASPECTS OF
MOVEMENT.

- RICK MEIVES: “I’M SO BAD AT GETTING STARTED THAT [I] COULDN’T IMAGINE SOMETHING DIFFERENT.”
- HENRY FROST: “START MY ENGINE.”
- JOHN LANE: “DIFFERENT”

AROUSAL:

THE HIDDEN PROBLEM

VIDEO

EMOTIONAL-MOTOR REGULATION

**ANXIETY NEEDS TO
BE REPLACED WITH
THE FULL ARRAY
OF EMOTIONS
THROUGH
EXPERIENCES THAT
USE THOSE
EMOTIONS
EFFECTIVELY.**

- **CHANDI RAJAPATIRANA:**
“NOT MY FAULT.”
- **SHLOMO LOWINGER:** “IT IS
NEVER OKAY TO BE CALM.”
- **DOMENICO CAMBARERI:** “I
HATE YOU.”

FOCUS AND ATTENTION



- **ALLOWS YOU TO BALANCE WHAT YOU WANT TO DO WITH WHAT YOU JUST DID.**
- **ALLOWS YOU TO HANDLE THE PROCESS OF TYPING ALONG WITH THE MESSAGE.**
- **KNOWS HOW TO MINIMIZE DISTRACTION.**
- **COMBINES TYPING WITH OTHER EFFECTIVE COMMUNICATION STRATEGIES.**

EXPLORING THE.. 'HOW'

- LIFELONG
- ENGAGES THE WHOLE BRAIN
- WORKS TO COORDINATE THE BODY.
- ANALYSIS, REFLECTION, AND PRACTICE



SUPPORTIVE STRATEGIES:

- **NEUROLOGIC MUSIC THERAPY**
- **FELDENKRAIS**
- **MNRI- MASGUTOVA
NEUROSENSORIMOTOR
REFLEX INTEGRATION**
- **FACILITATED
COMMUNICATION**

USING RHYTHM TO DEVELOP THE FOUNDATION

RHYTHM FACILITATES
OTHER SIGNALS
ENTERING THE BRAIN

RHYTHM HELPS THE
BRAIN GET ORGANIZED

RHYTHM PROGRAMS
SHOULD BE TAILORED
TO MEET INDIVIDUAL
NEEDS



NEUROLOGIC MUSIC THERAPY

VIDEO

WHAT I HAVE LEARNED FROM NMT

- RHYTHM IS FOUNDATIONAL TO MOVEMENT, MEMORY AND RECALL.
- IT SUPPORTS THE BRAIN-BODY CONNECTION AS AN INTERNAL PROCESS
- AN INDIVIDUAL'S RHYTHM IS SACRED

USING MASGUTOVA TO DEVELOP AWARENESS OF BODY



MASGUTOVA METHOD



MASGUTOVAMETHOD.COM

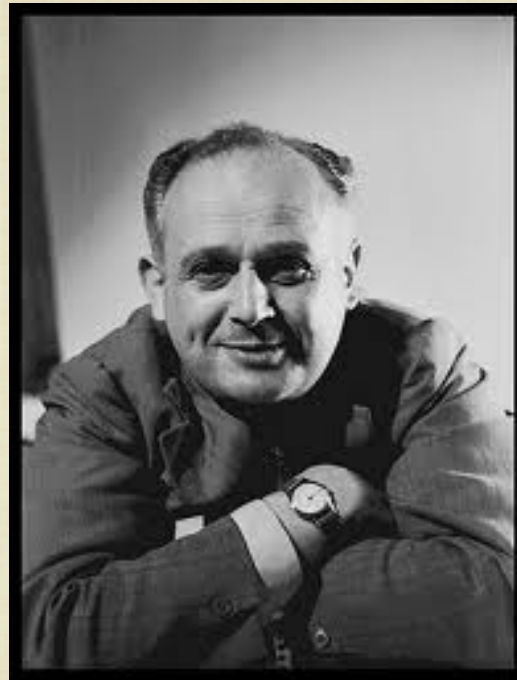
- DEALS WITH SYSTEMS THAT HAVE PUT THE BODY IN PROTECTION
- INTEGRATES THE REFLEXES AND PAVES THE WAY FOR MORE MATURE RESPONSES IN THE BODY
- STRENGTHENS THE BRAIN-BODY CONNECTION

MNRI HAS TAUGHT ME:

- A GREATER UNDERSTANDING OF ACTIONS WE OFTEN CALL “BEHAVIOR”
- A STARTING POINT FOR BUILDING BODY AWARENESS
- A MEANS TO SEARCH FOR OBSTACLES TO THE DEVELOPMENTAL PROCESS

USING FELDENKRAIS TO BUILD AWARENESS OF MOVEMENT

- FACILITATES SELF EXPLORATION
- CONNECTS MOVEMENT TO THE OVERALL PATTERN IN THE BODY
- WORKS TO MAKE MOVEMENT EASY AND EFFORTLESS



WHAT FELDENKRAIS HAS TAUGHT ME:

- TO THINK 'BIG PICTURE'
ABOUT MOVEMENT
- TO VALUE THE WHOLE
PERSON IN THEIR
MOVEMENT
- TO DEVELOP SELF
EXPLORATION
- TO VALUE THE
DEVELOPMENTAL PROCESS



FACILITATED COMMUNICATION



- **BUILDS COMMUNICATION WHERE INDEPENDENT ACCESS IS NOT IMMEDIATELY AVAILABLE**
- **ACCOMMODATES MOVEMENT PROBLEMS**
- **ENABLES AND BUILDS A STRONG CONNECTION BETWEEN MIND AND BODY**
- **ACKNOWLEDGES THE WHOLE PERSON**

WHAT FACILITATED COMMUNICATION HAS TAUGHT ME:

- THE IMPORTANCE OF
ACTIVELY ENGAGING THE
PERSON - NOT HAND OVER
HAND
- THE IMPORTANCE OF
DYNAMIC SUPPORT - MOVING
TOWARD INDEPENDENCE
- THE IMPORTANCE OF
PARTNERSHIP - THEY ARE
THE EXPERTS

**IT ISN'T ENOUGH TO KNOW
THAT THE DRIVING NEED FOR
PEOPLE WHO USE FACILITATED
COMMUNICATION IS THAT THEY
HAVE A MOVEMENT PROBLEM.
WE HAVE TO UNDERSTAND
MOVEMENT AND ALL ITS
DYNAMIC ASPECTS.**

**AND WITH THAT
UNDERSTANDING WE
SUPPORT THEIR NEED AND
FACILITATE A PROCESS
THAT CHANGES, GROWS
AND ENABLES THOSE WHO
TYPE TO COMMUNICATE TO
BE FULL PARTICIPANTS IN
OUR SOCIETY.**

**IF YOU ARE TYPING OR
SUPPORTING TYPING IN THE
SAME WAY THAT YOU WERE
A YEAR AGO, IT IS TIME FOR
REVIEW. NO ONE SHOULD
BE SETTling INTO A 'ONE
WAY' TO DO THINGS. IT IS
TIME TO.....
MOVE FORWARD.**