

“Fire the Middle Man”

MY MANY STEPS

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I want to welcome you to our presentation on “firing the middle man.” Now take a look to my right and that is who is going to be fired!!!!

For the next hour, Marilyn and I will walk you through the growing steps it has taken to bring me to the point of independence I am currently hovering.

VIDEO

DISCOVERING MY RHYTHM

- ❖ I began to use Neuro-music drumming about two years ago and each exercise I did I began to feel my body pulling away from being held tight to feeling loose and finding movement easier to do. Crossing over the midline was difficult at first but with practice, again more freedom felt.



DISCOVERING MY RHYTHM

- ❖ When I walked and drummed, again more feelings of being able to set the world on fire. I like to listen to music on the radio and am able to tap my knee to the beat; I am finally internalizing rhythm.



Principles of Neurologic Music Therapy

Rhythm facilitates body and brain organization.

The brain 'listens' not to the beat, but to the space
between the beat.

Personal rhythm is based on the functional cadence,
developed from a person's gait.

SWITCHING FROM MY LEFT HAND TO MY RIGHT ONE.

When I began drumming, I kept leading with my right hand. However, I have used my left hand from my infant years. Marilyn kept pointing this out to my parents and me, but switching to my right hand felt too unnatural and I continued with my left hand.

Last summer I purchased an iPad and an extended keyboard. I used this opportunity to explore typing with my right hand. I found it awkward, and to a point, still do. After experimenting with positioning and extended keyboard, I found a position where it is on the stand and can be adjusted to my need.

I discovered I can succeed using my right hand with talking as in conversation but when having to focus on my thoughts as my keynote, I use my left hand, as one would slip into a pair of old shoes.

Principles of movement drive decisions for positioning and handedness.

- ❖ Eyes and hands working together; eyes lead the way.
- ❖ Stability in the body means greater mobility in the arms.
- ❖ Crossing midline is a must for freedom of movement.

DEALING WITH FEARS

- ❖ This area requires ongoing support.
- ❖ It is difficult to talk about.
- ❖ Current strategies include staying active and involved, having a supportive network; setting realistic goals; avoiding emotional sabotage

FINDING MY PLACE IN THE WORLD

‘FIRE IN THE BELLY’

I use this term when I feel passionate over an issue(s). I have two issues burning inside me; one is finding the freedom for my support person to sit beside me, without touching me, and I am happily typing alone! The next is having universal design in learning for students with disabilities.

VIDEO

SHIFTING MY RELATIONSHIP WITH MY FACILITATOR

Independence is an all encompassing factor in a relationship. The relationship between my mother and I includes these factors. For my whole life, my parents made decisions as to what I eat, clothes I wear, what time I wake in the morning and go to bed at night, what gifts I buy for holidays for family members...

...the list is endless. This had to be because I didn't have a voice until I was 24. They have given me my voice/decisions and backed away for most of it, but mom keeps stepping in to "save the day" and not allow me to make typing errors when I am trying to type without support.

The facilitator's perspective. What is my role?

In the beginning it was about learning to read her body and adjusting my support to her.

With independence it is about learning how to get out of the way.
---watching her grow
---letting her make mistakes

Now we are ready for your
questions.