



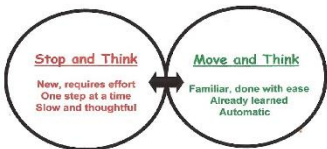
GRADUATE LEVEL COURSE – 3 CREDITS

Resilience, Wellbeing and Optimal Development Through Whole Brain Organization

This hands-on experiential course offers a powerful approach to promoting child development through movement, play and optimal brain organization. Participants will learn how early motor- patterns and sensory development is the foundation to all other learning. This course covers the stages of motor and brain development and how living with an underdeveloped nervous system affects us emotionally, physically and cognitively. Through a structured format, involving goal setting, self-awareness and movement techniques, participants will learn how to foster development in a joyous, natural way. Participants leave this course with all the materials needed to begin supporting children in home, school and therapy settings.

COURSE OBJECTIVES

- ✓ Begin to understand the relationship between movement patterns, midlines, primitive reflexes, behaviors and brain function.
- ✓ Move, play, feel, explore, and experience the development of early motor patterns and how they affect our behaviors now.
- ✓ Learn about two key primitive reflexes which relate to the fight/flight/freeze responses.
- ✓ Explore and play with hands-on tools to help integrate 7 crucial primitive reflexes
- ✓ Learn to help children set goals for themselves.
- ✓ Explore self-awareness tools used to empower children and adults to play “detective” in order to speed up learning and positive changes.
- ✓ Experience how these tools can improve processing speed, emotional regulation, organization, balance, coordination and reduce the stress related to learning and social engagement.



**2019 COURSE DATES: must register for two dates
(one red and one blue) through
www.brainfitacademy.com**

January 24-26 or April 3-5, 2020

AND

March 7-9, 2020

**Cost: \$750 to Brain Fit Academy and \$375 to Worcester
State for 3 graduate credits.**

This Course is taught by Pam Formosa, MA OTR/L. Pam owns and operates Brain Fit Academy, Inc., working with children and families who struggle with cognitive, physical, social and emotional challenges. She is also an adjunct professor at Worcester State University.