Sadness, Loss, & Despair
How Movement Therapy Can Repair Self-Esteem and Promote Re-engagement

S. Christina Boyd
Neurodevelopmental Therapist
Licensed Brain Gym® Consultant

WWW.HIGHPOINTAZ.COM
What you will learn in this presentation:

- How the world around us shapes who we are and how we feel.
- Why it’s so hard to stop self-defeating thoughts and feelings.
- How integrative movement can change feelings and behavior.
- Why Brain Gym® helps to achieve the goals of all other programs and services.
- Several basic Brain Gym® movements that can be applied immediately in any situation to relieve stress.
The Brain Develops in Response to the World Around Us

“We develop our neural wiring in direct response to our life experiences. These patterns are organized and reorganized throughout life, allowing us greater ability to receive outside stimuli and perform the myriad jobs of a human life... Neural organization takes place in response to stimulation and activity... Movement and practice establish and elaborate these pathways.”

Smart Moves – Why Learning is Not All in Your Head

Carla Hannaford, PhD. International, Award-winning Author, Biologist, and Educator, USA
Thoughts and Feelings Become “Hard-Wired”

- Compensation patterns (coping behaviors) become habitual reactions: repetitive actions strengthen neural pathways...for good or bad.

- Early trauma can interrupt the orderly progression of early infant (survival) reflexes.

- Restricting early movements of crawling, exploring, and touching can compromise vision, hearing, coordination, and expression.

- Chaos and instability can cause the freeze/fight/flight reaction to be repetitively engaged, resulting in a continual state of fear and arousal.
Brain Gym® is movement based therapy that reorganizes the brain/body system at a very deep level. It triggers neurobiological changes to release hard-wired neural pathways.

- The parent discipline: Educational Kinesiology (Edu-K)  
  17 years of research by Dr. Paul E. Dennison, 1969
- Gail E. Dennison, movement educator, partnered in the development of Brain Gym®
- Collaborations with experts in visual and motor development contributed to the field.
- Infant and child development informed the concept that both movement and sensory experience shape the brain.
Movement Changes the Brain!

“Because the brain is informed by movement and the senses, true learning results from highly charged and instantaneous sensory motor events – moments of neural reorganization by which one is freed to think in new ways.”

Brain Gym® Teachers Edition

Paul E. Dennison, PhD., former Teacher, Reading Specialist, and Developer of Brain Gym®, USA
“Brainstorm -- The Power and Purpose of the Teenage Brain”

by Daniel J. Siegel, M.D
New Neural Connections Are Always Possible

Research shows that the brain continues to grow new neurons, create new neural pathways, and enlarge areas that are used extensively.
Brain Gym® at Work

BRAIN STEM
reactive, freeze/fight/flight

Brain Gym®...

- Disengages the primitive reflexes
- Calms the nervous system
- Enables us to handle incoming sensory stimulation
- Reduces the sense of overwhelm
- Allows us to face life with courage

IN YOUTH

Strengthens the developing connections between the neocortex and brain stem thus inhibiting reactive responses.
Brain Gym® at Work

LIMBIC SYSTEM
interprets the world, the seat of motivation, emotions, memory

Brain Gym®...

- Releases the emotional impact of past trauma.
- Increases the sense of self identity.
- Helps us to shift perspective and allow new understandings

IN YOUTH

Strengthens growth fibers between the neocortex and limbic area, -- increases cognitive control -- links reasoning with feeling -- inhibits reactivity.
Brain Gym® at Work

**NEOCORTEX**
cognition, self-expression, autonomy, reasoning, reflection

Brain Gym®...

- Strengthens bi-lateral integration which helps us think more clearly, express more easily, and be more self-aware.
- Promotes emotional self-regulation and healthy social interaction.

**IN YOUTH**
Helps to increase cortical integration during the massive neural changes taking place in the teen/young adult brain.
“Brainstorm -- The Power and Purpose of the Teenage Brain”

by Daniel J. Siegel, M.D.
Trauma recovery through natural developmental movements

“My main reason for sharing this story is to tell the world the importance of Brain Gym®. I know that all trauma survivors would benefit greatly from this knowledge.”

Your Are A Winner – Trauma Recovery

Svetlana Masgutova, Ph.D. Founder, Svetlana Masgutova Educational Institute for Neuro-Sensory-Motor and Reflex Integration, Poland
Movement Can Reduce Cognitive and Emotional Problems

“By the application of stylized sequential movements, practiced daily, it is thus possible to give the brain a ‘second chance.’ As aberrant reflex activity is corrected, many of the physical, academic and emotional problems of the child will disappear.”

Reflexes, Learning, and Behavior

Sally Goddard Blythe, International Director, Institute for Neuro-Physiological Psychology, England
Movement Can Release Retained Early Survival Reflexes

“The Brain Gym movements simulate many of the developmental movements that babies and young children naturally perform, improving the processing of sensory information. As early and primitive reflex activity is integrated, many of the physical, academic and emotional problems of the child will decrease and disappear.”

Retained Primitive Reflexes and Their Effect on Learning, Behaviour and Wellbeing

Clair Hocking, Educational Kinesiologist, Brain Gym® Instructor, Australia
Brain Gym® Supports the Goals of All Other Programs

Brain Gym® serves as a unique adjunct modality in three ways.

- Through neural integration, it strengthens the small and large motor movements that underlie learning of all kinds.
- Through engagement and then “maturing” of the infant (survival) reflexes, it moves us out of freeze/fight/flight mode and allows for easier, more comfortable interaction with the world.
- By stimulating a flow of energy through the limbic system (emotional brain), we experience a calmness that allows us to physically relax, thus making it easier to be receptive to new ideas.
A Few Simple Brain Gym® Activities to Gently Calm and Soothe

- Drink Water
- Brain Buttons
- Cross Crawls
- Hook-ups