

“Integrating Primitive Reflexes to Achieve Control over Reflexive Body and Mind Stress Responses”

THRIVE presents a three-day workshop of techniques and tools that help children achieve calm, focus and self-regulation presented by **Miriam Manela OTR** of New Jersey, occupational therapist, author, and developer of the Thrive Method.

Topic: “Shutting down, Acting Out: Fear Paralysis Reflex, Moro Reflex, and Associated Reflexes”

This series offers proven strategies and tools that can be implemented immediately to expand your treatment program for each child by decreasing stress responses. You can expect to broaden your understanding of the role of Fear Paralysis (FPR), Moro reflexes, and associated reflexes to develop a sense of safety so that the child can learn to be grounded, confident, and secure.

This is an 18 hour/3 day course open to occupational therapists, physical therapists and other clinicians who work with children or adults.

Details about the workshop:

In this course, participants will delve into the workings and integration of the following primitive movement patterns and explore various techniques:

- Fear Paralysis Reflex
- Moro Reflex
- Spinal Pereze and Vollmer Reflexes
- Hand Babkin Palmomentary Reflex
- Bonding
- Tactile Integration

The course begins with a short discourse about the neurobiology of reflexes. It then describes the presentations as well as emotional or behavioral disruptions associated with each reflex. Testing of the FPR, Moro Reflex, and associated reflexes will be taught and practiced.

The common behavioral disruptions that will be addressed include:

- Sensory processing disorder



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- Freeze and withdrawal
- Poor adaptability
- ASD, ODD, OCD
- Over-reactivity
- Insecurity
- Anxieties
- Hyperactivity
- Outbursts of anger

Attendants will learn an insightful understanding of the FPR, Moro Reflex, and associated reflexes which will result in a bottom-up approach to treating social-emotional challenges. This will be used to effect changes in clients' behavior, the dream of every parent and therapist. A plethora of hands-on techniques will be thoroughly taught and practiced together in order to develop adaptive responses across multiple settings, including the home, school, and in therapy. These techniques help to stabilize emotional overwhelm that is connected to postural instability, unintegrated reflexes, and emotional unrest. The significance of the FPR, Moro, and associated reflexes in affecting emotional and behavioral development and how to regulate the fight-flight-freeze-submit reflexes, will be explored in depth.

Upon completing the workshop, participants will take with them effective, practical techniques to incorporate into therapy sessions and home program.

Who Should Attend?

Professionals who work with children or adults who have difficulties with behavioral and/or emotional dysregulation.

Language

The workshops will be presented in English.

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