

Who Should Attend?

Physical Therapists
Occupational Therapists
Adaptive P.E. Teachers
Speech Pathologists
Professionals involved with
children with special needs,
Adults or senior citizens
Counselors and other mental
Health care providers
Trauma Specialists
Parents of struggling children



**Taught in-person and
online**

Contact me for dates of the next class!

The late Dr. Harald Blomberg, MD was the creator of BRMT and a psychiatrist in Stockholm, Sweden. He investigated the link between retained infant reflexes, learning challenges and emotional imbalances since the 1980s. Dr. Blomberg taught BRMT across Europe, North America, Australia and Asia.



LISA ANN DE GARCIA

lives in Lehi, UT and is a Blomberg Rhythmic Movement Training Instructor and Licensed Brain Gym® Instructor/Consultant. Lisa Ann has master's degrees in the Education of Deaf and Hard of Hearing, and Educational Leadership. She has 24 years teaching experience in the US, abroad and at the university level. She has spent most of her career working with children who struggle, mainly mathematics, and one of her three children is on the autism spectrum.

wholechildlearningandwellness.com



*Move and learn
with ease!*

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What is Blomberg Rhythmic Movement Training?

BRMT is a primitive reflex integration program that stimulates brain connections for:

- Increased impulse control and attention,
- Improved balance, coordination and stamina,
- Addresses speech, learning and developmental
- delays

For people of any age with challenges including: ADD/ADHD, Dyslexia, Dyspraxia, CP, Autism Spectrum Disorders, Insomnia, Reactive Attachment Disorder, PTSD, Anxiety, Depression, Social, Emotional, Sensory, and Behavioral Challenges, Chronic Pain or improper muscle tone as well as Generalized Stress and Trauma.

BRMT can also be effective with challenges affecting the elderly population including vision and balance.

16 hours divided up into 2-4 days

Tuition = \$375.00

BRMT courses are currently accepted by the NBCOT (National Board for Certification in Occupational Therapy) and CEII (Continuing Education Institute in Illinois) in cooperation with the University of Illinois College of Medicine Department of Family Medicine. The New York State Education Department, Office of the Professions, approved Blomberg RMT for Continuing Educations for physical therapists and physical therapist assistants (additional fee will apply).



Level I: Rhythmic Movement Training ADD/ADHD & Other Behavioral and Learning Challenges

In this basic level course, participants learn the basics of BRMT: how movements can be used to assist in regulating muscle tone and stimulating the connections between parts of the brain, especially as they relate to impulse control and attention.

Some topics included in this course...

- The Triune Brain and Development
- Development and Primitive Reflexes
- RMT Active and Passive Movements
- Identifying Active Reflexes
- Movements to Integrate Reflexes

Reflexes taught in this course:

- Tonic Labyrinthine Reflex
- Landau Reflex
- Symmetrical tonic Neck Reflex
- Spinal Galant Reflex
- Amphibian Reflex
- Babinski Reflex