



We Grow Brains!



Brains develop from the bottom-up. Neural integration requires connections among different parts of the brain. A lack of integration creates confusion, and limited behavioral and physical options. This results in struggling to make sense of our internal worlds, and getting stuck in looping patterns of reactivity.

How do we do it?

We have developed an approach called Playful eMotion.[®] This approach combines tenets of Synergetic Play Therapy (SPT)[™] and Primitive reflex integration.

Neural integration creates options; a shift from reactivity to response.

As our brains grow and change throughout our lives, we create maps in our brain of our body and our experiences. By focusing on creating accurate maps of our bodies, children learn to differentiate body parts and promote movement in age appropriate patterns with ease. For integration to happen these maps must be differentiated, but linked. The Playful eMotion[®] approach addresses both differentiation and linkage. Through body mapping, we help children develop accurate maps of their bodies. Working with Primitive Reflexes, using modalities such as Rhythmic Movement, we activate the stuck loops and practice integration exercises that families continue at home. In the playroom, we move towards the emotions and body sensations that accompany this stuck engagement, and create new options for behavior .

In therapy the child is able to experience dys-regulated states in an environment that fosters widening his or her window of tolerance for these experiences.

The child learns that he does not have to live in a state of fear or hypervigilance; that it is possible to be with emotions and experiences in such a way, that they are not in control.

We cannot change a child's experiences. However we change the child's perception of those experiences and how it will impact his or her present and future.

What is SPT[™]?

Through attunement and authenticity, the therapist is able to act as an external regulator and facilitate re-patterning of the disorganization in lower brain centers.

What are Primitive Reflexes?

Primitive Reflexes are automatic movement patterns in response to sensory stimuli that emerge in utero and infancy. As more complex movements and neural pathways develop, Primitive Reflexes are integrated and are no longer the only movement / emotional / neurological response available when given the stimulus.

What is RMT[™]?

Using natural developmental movements, Rhythmic Movement Training builds neural nets and facilitates integration of inappropriately active or dominant Primitive Reflexes.

What is neural integration?

Integration can be defined as the linkage of differentiated components of a system. For the brain, this means that different areas become linked to one another. This linkage enables the creation of options that did not previously exist.