

# Educational Kinesiology®

## Private Sessions Seminars & Training

### BRAIN GYM® (24 hrs)

### OPTIMAL BRAIN ORGANIZATION® (16 hrs)

Educational Kinesiology was developed by Dr. Paul Dennison to create new tools for every aspect of learning and performing by integrating techniques and information from the fields of optometry, brain research, applied kinesiology, neuro-linguistic programming, motor development, psychology, acupuncture, and language development.

**Brain Gym®** is an effective tool for

- improving physical co-ordination
- improving listening and memory skills
- improving visual and reading skills
- improving organization skills
- improving math skills
- improving self-esteem
- minimizing Attention Deficit Disorder / ADHD
- improving self-control and self-motivation
- assisting with anger management

**In Brain Gym 101® you learn movements to integrate the brain in...**

**Three Dimensions:**

- **Laterality** to enhance communication between left (Logic) and right (Gestalt) hemispheres of the brain; helping those labelled 'dyslexic' and 'L/D'.
- **Focus** Dimension integrates back/fore brain. Students who are...
  - **Under focused** are often labelled 'hyperactive', 'inattentive', 'language delayed'.
  - **Over focused** students have difficulty integrating details into the bigger picture of what they are learning.
- **Centering** Dimension reflects the organization of the brain from top to bottom, and the student's ability to balance abstract thought with emotional content in learning. Students with this difficulty often suffer from irrational fear or an inability to feel or express emotions. The learning process lacks a sense of meaningfulness for them.

**Jack Canfield (Chicken Soup for the Soul) says:** *I have always been a big fan of the Brain Gym techniques...they are very powerful and effective.*

**Optimal Brain Organization®** (aka **Brain Gym 201** – the 2<sup>nd</sup> level of the Brain Gym Instructor Training Pathway)

There is "compelling evidence that learning challenges are directly related to a person's [sensory] dominance pattern."

Dennison, PhD. (2006), "Brain Gym and Me."

Formerly Brain Organization Profiles, the concept of OBO (Dominance Profiles) explores the linkages between the side of the body we favour for seeing, hearing, touching, and moving - as well as the way we think, learn, work, play, and relate to others. It is a key factor in shaping the way you think and act.

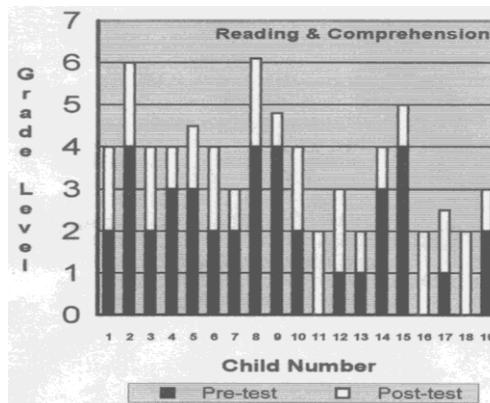
Your OBO Profile gives you a new understanding of your own uniqueness - the special way you function in your world - and how you change, for better or worse, under stress, in order to cope with the challenges in your life.

In OBO, you will learn which of your senses begin to SWITCH OFF under stress – and which Brain Gym activities will help you keep those senses SWITCHED ON for optimal performance at home, at work, at school!

Understanding your OBO Profile will help you and/or your children to learn in the way that suits you best, and to perform at your highest level.

### Proven Results

Improvements in Fifth Grade Special Ed. (after one year of Brain Gym)



[Wendy's Educational Kinesiology training includes the following (\* denotes classes Wendy is certified to teach through Brain Gym Int'l):

- Brain Gym 101\*
- Optimal Brain Organization\*
- Edu-K In Depth class (with 7 dimensions of brain integration)
- Physiology of Brain Gym
- Physiology of Edu-K In Depth
- Language of Movement
- Family Systems
- Vision Circles
- Creative Vision
- Teachers Practicum
- Switched-on-Golf\*
- Switched-on-Selling\*
- Switched-on-Management\*
- Switched-on-Network Marketing\*

Wendy has studied Educational Kinesiology courses with Brain Gym creator Paul Dennison PhD & Neurophysiologist, Carla Hannaford PhD

### BAL-A-VIS-X (BAVX)™

#### a Brain Gym® - related system

(training counts towards continuing ed. credits for re-licensure as a Brain Gym Instructor/Consultant)

Creator: Bill Hubert, Educator, Wichita, Kansas

BAVX is a series of Balance / Auditory / Vision eXercises, of varied complexity, most of which are deeply rooted in rhythm. These exercises require full-body coordination and focused attention. The program utilizes bean bags, racquetballs, balance boards, and multiple principles and activities from Educational Kinesiology.

Every student can benefit. It is also valuable for those who have learning disabilities and/or neurological, orthopaedic, paediatric, and geriatric deficit. It is also beneficial for those with hyperactive disorders and/or behaviour disorders. [Wendy has trained in Levels 1, 2 and Adaptive Techniques with Bill Hubert.]

## RHYTHMIC MOVEMENT TRAINING Int'l™

### a Brain Gym® - related system

(training counts towards continuing ed credits for re-licensure for  
Brain Gym Instructors/Consultants)

Developers: Dr. Harald Blomberg, Psychiatrist, Sweden  
Moira Dempsey, Kinesiologist / Teacher, Australia

This system of simple rhythmic movements can be done passively or actively. The movements mimic the developmental movements that babies and infants automatically make as they grow. According to Dr. Blomberg, RMT affects the brain/body system by:

- Establishing links from the brainstem and cerebellum to higher brain centers for impulse control, thinking, and emotional balance
- Increasing nerve nets for faster processing of sensory input
- Balancing neurotransmitter output
- Enhancing coordination between the sensory, motor and nervous systems
- Uplifting mood
- Enhancing health and stamina

**RMT has Multiple Benefits:** Dr. Blomberg now has a long track record of success (over 25 years) in Sweden helping children and adults overcome such challenges as ADD/ADHD, dyslexia, severe motor and learning difficulties, Autism / Asperger's, dyspraxia, sensory processing disorders, developmental delay, cerebral palsy, Parkinson's, and brain damage from injury or stroke.

**Developmental Delays Are Linked to Stress:** Dr. Blomberg says that one main cause of developmental delays is stress in utero, delivery, infancy or childhood. Stress can disrupt the automatic rhythmic and reflexive baby movements. Among their many "jobs," infant rhythmic movements and reflexes facilitate the growth of brain and nerve networks, develop the sensory systems, and train the body for coordinated movement and balance—all basic building blocks for later learning skills.

**Level 1—RMT for Focus, Organization & Comprehension**—includes ways to identify developmental imbalances, how RMT builds neuro-sensory-motor foundations for focus and higher level learning skills, methods for integrating primitive reflexes, and 17 foundational RMT passive and active movements.

**Level 2—RMT for Emotions, Memory & Behaviour** - includes Fear/Paralysis, Moro & Tendon Guard Reflexes; how RMTi techniques integrate the developmental reflexes which are crucially important for sensory integration, as well as social and emotional maturity.

**Level 3—RMT for Reading & Writing**—deals with how our reading and writing abilities are affected by various factors, such as our vision, our ability to recognize the sounds of language, and our motor ability.

**RMT for School Readiness**—learn to recognize retained reflexes in young children, and how to work with pre-schoolers in fun, interactive and playful ways to integrate these reflexes.

**Face the Fear—Facial Reflexes, Language Development, Bonding & Attachment** - includes more information on the Fear/Paralysis and Moro Reflexes and how they play an important role in developing maturity, confidence and self-esteem.

**RMTi Provider—course requirements...**

Twice thro' Levels 1& 2 plus once thro' Level 3 plus case studies and written exam and questionnaire. NB: RMT for School Readiness may be substituted for a review of Level 1.

**RMTi Instructor - Levels 1&2**—same as for provider x 2 plus more case studies and a questionnaire.

We are getting wonderful results [using Rhythmic Movements in physical therapy].

I am amazed at the **immediate changes** in severely involved children. The **calming and eye contact** have been amazing.  
Maxine Hoffman, PT Ohio

## Wendy Humphreys Tebutt

*Educational & Specialized Kinesiology (S/K)  
Instructor / Practitioner*

Certified as a Specialized Kinesiology Instructor / Practitioner in 1992 (and an Educational Kinesiology Instructor / Consultant in 1996), Wendy has taught S/K courses recognized by the IKC (Int'l Kinesiology College) across Canada. Originally an orchestral harpist and then a solo classical soprano, Wendy has also created and taught special interest courses at the U of TO (*Advanced Studies in Performance* for music graduate students), Guelph Continuing Ed., and various music/arts retreats. She was a presenter (*Switched-on Singing: The Power of Voice*) at the 2005 International Brain Gym Gathering. Wendy teaches Brain Gym 101/201, Rhythmic Movement Training International, Levels 1 & 2 / RMT for School Readiness / Rhythm, Music & Play, Touch for Health (Levels 1-4) and SIPS Kinesiology 1&2. Wendy offers S/K related seminars (and private sessions) to the business, education, and healing & performing arts sectors. **Wendy is an instructor who is willing to travel to teach, so please do enquire about sponsoring a class or series of seminars & sessions in your area.**

### **What others have said about Wendy as an Instructor:**

"I am in awe of the passion you feel for Brain Gym. You are a great teacher and an 'energizer bunny'!! Thank you!"

Jackie (teacher at a First Nations School, BC)

"Wendy brought the Brain gym course to life. She made each component strong with anecdotal experiences and stories. She made me feel comfortable in taking chances with my learning and has made me want to explore this subject further. She is vivacious, talented, a ball of fire, a strong woman with inner and outer beauty. She has the voice of an angel, and is obviously talented in more areas than most of us would find humanly possible. Thank you for your kindness and inspiration."

Jill Whitehouse, former UK Montessori School Principal  
& author of *Teaching Parents How to Teach*.

### **Wendy enjoys working with clients who are experiencing:**

- \*Learning Difficulties, Dyslexia, Dyscalculia, Dysgraphia, Dyspraxia
- \*Sensory Processing Delays
- \* ADD/ADHD
- \*Autism / Asperger's
- \*Fears / Phobias / Fear-Paralysis Reflex
- \*PTSD: Post Traumatic Stress Disorder / Abuse

### **Services Available:**

**In private sessions, Wendy uses several systems of Specialized Kinesiology.** She regularly sees clients in Greater Vancouver, on the Sunshine Coast, on Vancouver Island, and while traveling to teach classes. Ask for Wendy's S/K GIST card.

**Internationally recognized training courses—**

- \**Brain Gym 101, Optimal Brain Organization Profiles,*
- \**Rhythmic Movement Training Int'l (Levels 1 & 2)*
- \* *RMT for School Readiness (2 days)*
- \* *Rhythm, Movement & Play (1 day)*
- \**Touch for Health (Levels 1 to 4),*
- \* *Stress Indicator Point System Kinesiology (SIPS 1 & 2)*
- \* *RESET-TMJ™*

**Presenter for Pro D Days, In Service Trainings & Conferences**

**For further information, please contact**

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**Phone: 1-604-885-5578**