

# CAT Studieplan van Opleidingsinstituut De Kleine Parel

## Voorwoord

De globale structuur van de opleiding ziet er als volgt uit.

De student kan deelnemen aan één van de drie studieprogramma's:

### 1) MNRI® behandelaar met losse MNRI® bij- en nascholingen

Alle cursussen zijn als losse bij- en nascholingen te volgen. De student dient in dat geval wel rekening te houden met de vereiste cursussen die eerst gevolgd dienen te worden. Sommige cursussen zijn alleen beschikbaar voor studenten die zich hebben ingeschreven voor het MNRI® Core in Training Programma, of een bepaalde modulaire (deel-) opleiding hebben afgerond.

### 2) Modulaire af te ronden (deel-)opleidingen MNRI® Core in Training Programma

Dit programma bestaat uit 4 los af te ronden levels. Bij elk level horen een vereist aantal cursussen, 1 praktijktoets, 1 theorie examen, 64 uur stage en 1 praktijkexamen. Naast het volgen van de verplichte cursussen heeft de student beperkt keuze om aan het vereiste aantal cursussen te komen.

Elke Core in Training student start in Level 1, daarmee is het level dus nog niet afgerond, maar is de student bezig met het volgen van Level 1. Pas op het moment dat afgesloten is, komt de student in het volgende Level 2, wat betekent dat de student bezig is met het volgen van Level 2. Etc.

Na afronding van een Level behaalt de student een titel:

- MNRI® NeuroTactile Specialist (mogelijk na afronding Level 1)
- MNRI® Archetype Specialist (mogelijk na afronding Level 1)
- MNRI® Repatterning Specialist (mogelijk na afronding Level 2)
- MNRI® NeuroStructural Specialist (mogelijk na afronding Level 3)

### 3) Opleiding tot MNRI® Core Specialist

De volledige opleiding tot MNRI® Core Specialist bestaat uit het behalen van 4 levels van het Core in Training Programma. Daarna dient de student 4 final praktijkexamens af te ronden en een volgens bepaalde criteria opgestelde case study in te leveren. Deze case study wordt beoordeeld door de examencommissie, en na positieve beoordeling wordt de opleiding afgerond en mag de student zich MNRI® Core Specialist noemen.

## MNRI® behandelaar met losse MNRI® bij- en nascholingen

### K10410

#### MNRI® Breathing Reflex Integration

Students will participate in both the course discussion and hands-on supervised practice. In this course, participants will be introduced to information about the neuro-anatomy and neurophysiology of the breathing system and its links with protection and survival mechanisms and reflex pattern integration, the priority role of the breathing system in creating the basis for establishing neurosensorimotor processing for optimal brain functioning, the psychological/emotional foundation of the breathing system and influence on health, motivation and cognition. Course participants will also learn about the assessment of breathing as a primary reflex, as well as, specific exercises to integrate breathing and links of breathing with relative reflex patterns for children with neurodevelopment delays.

Participants will be introduced to assessment techniques for the breathing reflex patterns and the protective responses of: Fear Paralysis, Moro, Core Tendon Guard, Head Righting, oral-facial, visual, and auditory reflex patterns that serve the development and maturation of the protection and survival mechanisms needed for successful functioning in children and adults. Repatterning techniques and exercises for these reflex patterns will be introduced and are necessary to create a sufficient neurophysiological basis for feeling safe, inner strength and motivation, organization of proper perception and processing of the input, and thus development of different cognitive skills – visual and auditory.

Postural control mechanisms depending on breathing will also be addressed. Development and maturation of the protective group of reflexes concerned with the breathing system lead to the development of emotional stability and inner control. This course will offer examples of techniques, games, and activities to make the integration sessions using MNRI® exercises interesting and motivating. The Breathing Reflex Integration course can be used with children and adults with deficits in development of protection mechanisms; fear and phobias, behavior and emotional disorientation, motor and speech delays. It also can be used as a stress release program for adult.

### **Learner Objectives**

The student will be able to:

1. Develop knowledge of the Masgutova Neurosensorimotor Reflex Integration process as the basis for successful development of the breathing system for proper functioning and support of learning processes.
2. Describe the links of the breathing system and other reflex patterns serving for formation of positive survival in children with challenges and create the "anchors" based on natural innate mechanisms of neurodevelopment and neuroplasticity.
3. Describe the following reflexes and their specific involvement in the development of antigravity mechanisms and cognitive skills: Tonic Labyrinthine in Flexion and Extension, Core Tendon Guard in Flexion and Extension, Gravity, Balancing, Grounding, Stability, Head Righting Ocular and Labyrinthine, Ocular-Vestibular, Ocular-Kinetic, Hands Pulling, Hands Supporting, Sequential Rolling and Spinning, and others.
4. Describe how the integration of primary motor patterns support cognitive development.
5. Describe the following reflexes and their specific involvement in the development of antigravity mechanisms and leveling reflexes: Eye Leveling, Vestibular Leveling, TMJ Leveling, and Auditory System Leveling.
6. Explain how breathing reflex patterns are involved in muscular-tendon-ligaments tone regulation, postural control, and antigravity abilities.
7. Explain how breathing reflex patterns are involved in conscious motor control formation within the brain-body system.
8. Explain the basis for the development of proprioceptive-cognitive anchors, fine motor coordination, self-regulation, and self-management through the integration of the breathing reflex patterns.
9. Describe the basis for the formation of primary links of proprioceptive and cognitive coordination: acoustic activation-kinesthetic memory, balancing-acoustic stimulation-Moro response-selective memory activation, facilitation of "analytical" and "synthesized" auditory perception and processing using developmental potentials of proprioceptive-vestibular reflex patterns found within the integration of the breathing reflex patterns.
10. Describe the basis for the formation of proprioceptive-cognitive coordination and fine motor skills: acoustic differentiation-memory anchoring, hand-eye, hands-auditory-articulation system, and auditory-vestibular system within the integration of the breathing reflex patterns.
11. Demonstrate games and activities that enhance the MNRI® process in an interesting and motivating manner.
12. Describe the correlation of proprioceptive-vestibular reflex patterns and skills of cognitive perception: memorizing, writing, reading, and calculation when the breathing reflex patterns are integrated.

13. Demonstrate with direct hands-on instruction for the techniques of the Pendulum and other sternum areas to optimize functions for breathing, vision, and auditory and articulation systems.
14. Evaluate and develop appropriate strategies to incorporate the use of the MNRI® Breathing Reflex Integration Program into daily practice.
15. Explain assessments to discover nonintegrated or immature reflex patterns creating the antigravity mechanism and supplying the neurophysiological basis for proprioceptive-cognitive functions within the breathing reflex patterns.
16. Describe individual programs to repattern, activate, and integrate breathing reflex patterns.
17. Demonstrate with direct hands-on instruction of specific techniques for dysfunctional and pathological reflex patterns.
18. Explain the possibilities of positive changes in body structure, posture, and movement development through integration of breathing reflex patterns.
19. Describe how the diaphragm mobilization technique releases stress and improves breathing.
20. Develop individual corrective programs based on assessment techniques and exercises for integration of breathing reflex pattern to enhance overall emotional, motivational, and motor challenges.
21. Demonstrate with direct hands-on instruction of the following techniques: Asymmetrical Tonic Neck Reflex (ATNR), Bonding, Moro Embrace, and Symmetric Tonic Neck (STNR).
22. Demonstrate with direct hands-on instruction of the following techniques: Hands Pulling, Robinson Hands Grasp, Hands Supporting, and Landau.
23. Demonstrate with direct hands-on instruction of the following techniques: Spinal Galant, Tonic Labyrinthine, Bauer Crawling, Spinal Perez, and Leg Cross Flexion-Extension.
24. Demonstrate with direct hands-on instruction of the following techniques: Abdominal, Foot Tendon Guard, Primary Sounds, Spinning, Auditory Figure Ground, Head Tilting Forward, Segmental Rolling, Core Tendon Guard, Head Up-Righting, Spine Extending, Visual Figure-Ground, Fear Paralysis, Eye Leveling, Vestibular Leveling, TMJ Leveling, Auditory System Leveling, Gravity, Balancing, Grounding, Stability, Head Righting, Ocular-Kinetic, and Ocular-Vestibular.