

Registration for RMT 1 & 2 Toronto,  
ON May 9-11<sup>th</sup>, 2019

**\*\*You need to register online:**

<https://rhythmicmovement.org/class-offerings> (Search Heidi McLarty)

Create an account & register for this class

Once registered, please send a non-refundable deposit of \$100 by **e-transfer** to [superiortherapyconnections@yahoo.ca](mailto:superiortherapyconnections@yahoo.ca) or **cheque in the mail to hold your space in the workshop.**

**If registering by mail:**

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

If paying by cheque, please make cheques payable to **Superior Therapy Connections** and mail with registration form to:

Heidi McLarty  
90 Danby Rd.  
Sault Ste. Marie, ON, P6B 5X6

RMT Workshop	Before	After
<input type="checkbox"/> Level 1 & 2:	\$575	\$625
<input type="checkbox"/> Level 1 Only:	\$370	\$405
<input type="checkbox"/> Level 2 Only:	\$205	\$220

**\*Space is limited to 16 participants so register early!\***

Location: **918**  
BATHURST  
CULTURE, ARTS,  
MEDIA + EDUCATION

For more information contact:  
Heidi McLarty, OT Reg. (Ont.).  
[superiortherapyconnections@yahoo.ca](mailto:superiortherapyconnections@yahoo.ca)  
[www.superiortherapyconnections.com](http://www.superiortherapyconnections.com)

Light refreshments and beverages will be provided at the workshop. Lunch is on your own. \*Please indicate if you have any dietary restrictions or accessibility needs when registering.

### What people say about Rhythmic Movement Training

"What I like about RMT is that it is very specific in its testing procedures and in a variety of techniques to use to help integrate the reflex. Other reflex inhibiting activities that I have known have not focused on the rhythmicity needed for the cerebellum to network and integrate. I am using RMT as it is complementing my other treatment modalities for sensory integration quite nicely." B.W.

"The changes in my son were **immediate and profound**. After the very first RMT session of approximately 2 minutes of RMT my son slept soundly through the night with no cry-outs and woke up easily and happily for the very first time! I am proud to have been able to give my son some simple and fun tools (which are easily implemented into a busy daily routine) to be able to face his future with confidence and joy." –L.S.

***RMT helps the brain to make new connections which are needed for further development to improve attention, emotional and self-regulation***



# Rhythmic Movement Training

## Level 1 & 2

May 9-11<sup>th</sup>, 2019  
Toronto, ON



**Heidi McLarty, OT Reg. (Ont.)**

**Are you frustrated seeing minimal gains made by your clients using "traditional therapeutic approaches"?**

**Do you feel like you are missing a key link to really help your clients?**

Rhythmic Movement Training (RMT) includes specific rhythmic movements which stimulate new connections being made in the brain in order to help the brain and nervous system mature and integrate primitive infant reflexes.

RMT assists with improvements in:

- anxiety/panic/emotional problems/hypersensitivity/phobias/overwhelm
- balance/coordination
- sensory/self-regulation
- dyslexia/attention deficits/impulsivity
- focus/memory/reading/writing/math
- muscle tone/posture
- speech/articulation

## RMTi Level One (2 Days)

### Focus, Organisation & Comprehension

Thursday & Friday, May 9 & 10,

2019, 8:30am–4:30pm Accredited

Hours: 14 hrs (1.4 credit units) \*Includes a full colour illustrated manual, No Pre-Requisites

**Learning Outcomes:** How rhythmic movements assist in integrating reflexes; Why this is important; and what to do to stimulate brain connections for increased impulse control, attention, balance, coordination, stamina and learning. Some of the topics include:

- How RMT builds neuro-sensory-motor foundations for focus & higher level learning
- Basics in brain development for learning, attention and comprehension
- Ways to identify developmental imbalances
- Information on a selection of reflexes involved in laying the foundations for focus and comprehension – Tonic Labyrinthine (TLR); Landau; Asymmetrical Tonic Neck Reflex (ATNR); Symmetrical Tonic Neck Reflex (STNR); Spinal Galant; Amphibian; Infant Palmar and Babinski reflexes
- Methods for integrating primitive reflexes
- The 17 foundational RMT passive and active movements, isometric pressure and other movements

**RMTi Level Two (1 Day) Emotions, Memory & Behaviour. Saturday, May 11, 2019, 8:30am–4:30pm** \*Includes a full colour illustrated manual, Prerequisite – RMTi Level One

**Learning Outcomes:** Learn effective RMT techniques for integrating developmental reflexes that are crucially important for sensory integration as well as social and emotional maturity. Some topics include:

- Methods for integrating Fear Paralysis

Reflex (FPR), Moro Reflex & Babkin Reflex

- Attack and defense behavior and the Tendon Guard Reflex (TGR)
- How to release muscle tension & emotional upset
- Movements to release anxiety & stored emotional & physical tension
- Ways to support people with SPD & ASD
- Precautions & possible reactions/ & contraindications

### Who can benefit from taking the courses?

This training is ideal for occupational therapists, physiotherapists, speech and language pathologists, parents, social workers, family and mental health therapists, developmental optometrists, vision therapists, yoga therapists, classroom teachers, special educators, nursery and pre-school teachers, school counsellors, healthcare providers, massage therapists, trauma specialists & caregivers, kinesiologists, Alexander practitioners, Feldenkrais practitioners, yoga teachers, Brain Gym instructors, neurodevelopmental practitioners, osteopaths and chiropractors.

### More about RMT

RMT is based on the work contributions of Swedish self-taught movement therapist Kerstin Linde, Swedish psychiatrist Harald Blomberg and Australian educator and kinesiologist, Moira Dempsey. The courses taught by Rhythmic Movement Training International (RMTi), founded by Moira Dempsey, combine the rhythmic movements with in-depth reflex integration techniques into an effective program that is taught world-wide by a growing network of certified trainers. For more information please visit:

<https://rhythmicmovement.org/>



### Heidi's top 3 reasons she LOVES RMT:

1) The movements really DO help with remediation which is what we ultimately want! Great developmental progress is frequently noticed within a short time!

2) The movements are EASY for anyone to do. They can be demonstrated in a matter of a few minutes, pretty much anywhere & without people having to buy lots of expensive equipment!

3) RMT is a method that can be considered to be the "best bang for your buck" because it can help with calming, coordination, general development, anxiety, visual skills, learning & more!

### About the Instructor

Heidi McLarty is a private Occupational Therapist who has worked a lot with children experiencing various delays, genetic conditions, physical disabilities, Autism Spectrum Disorder, Sensory Processing Disorder, Learning Disabilities, etc. Heidi also has an extensive background and training in Sensory Processing Disorder and methods to incorporate Sensory Integrative treatment methods. When Heidi learned how to use these techniques in her practice, she was astounded at the changes she was seeing and knew she needed to share this powerful work with others.

