

Those staff who are trained at The Redway are trained to Level One (RMT for Focus, Organisation and Comprehension ) and are able to work on the integration of the following reflexes:

- The Neural Chassis
- The Cerebellum
- Tonic Labyrinthine Reflex
- The Landau Reflex
- The Symmetrical Neck Reflex
- Spinal Galant
- Amphibian Reflex
- Babinski Reflex

As well as using passive movements for general stimulation.

If you would like further information then please feel free to contact one of the following who would be happy to answer any questions you may have:



Verity Clarke  
PE Teacher

[verity.clarke@theredway.net](mailto:verity.clarke@theredway.net)



Michaela Read  
Class Teacher

[michaela.read@theredway.net](mailto:michaela.read@theredway.net)



Emma Hawkins  
Class Teacher

[emma.hawkins@theredway.net](mailto:emma.hawkins@theredway.net)



Tracy Snook  
Class Teacher

[tracy.snook@theredway.net](mailto:tracy.snook@theredway.net)



# Rhythmic Movement Therapy at The Redway School

# Rhythmic Movement Training

Rhythmic Movement Therapy (RMT) is an integration programme that aims to develop and integrate primitive reflexes that are under and over developed impacting on individual lives. RMT uses developmental movements, gentle isometric pressure and self-awareness. Through integration of their reflexes.



RMT can help to improve emotional well-being, as well as sensory and behavioural difficulties. RMT can also help to overcome some barriers to learning, for example, a child who has a retained Spinal Galant reflex will appear to fidget and need to move all the time and have poor concentration (Blomberg & Dempsey, 2011). Through RMT, some simple exercises, repeated daily, will be able to help integrate the reflex so it is no longer retained but instead integrated.

Blomberg, H. & M. Dempsey. (2011). *Movements that Heal*. Queensland: Book pal.

Movements are both passive and active and can be adapted to meet the needs of individual students.



RMT at The Redway is a new adventure and we are developing how we are going to integrate it effectively and meaningfully.

