

MNRI® as a System

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When I was introduced to the Masgutova Reflex Integration® program in 2012, I had a 22 year old son who had physically recovered from autism but was left with an extremely low self-image and substantial cognitive delay. I first read everything I could find on the MNRI® website. To learn the techniques for use on my son, I ordered one of the manuals on reflex integration. I quickly realized that this work was not intuitive to me; I had a background in art and graphics, not science and anatomy. So I looked for a certified specialist in my area and found MNRI® Core Specialist Peg Johnson who works in the south-central Wisconsin area. As she worked with my son each week, she also taught me techniques to do at home. It was not easy but slowly, I saw my son's very difficult problems with his feet and hands improve, and with this, cognitive changes also occurred. I knew then that we were onto something big.



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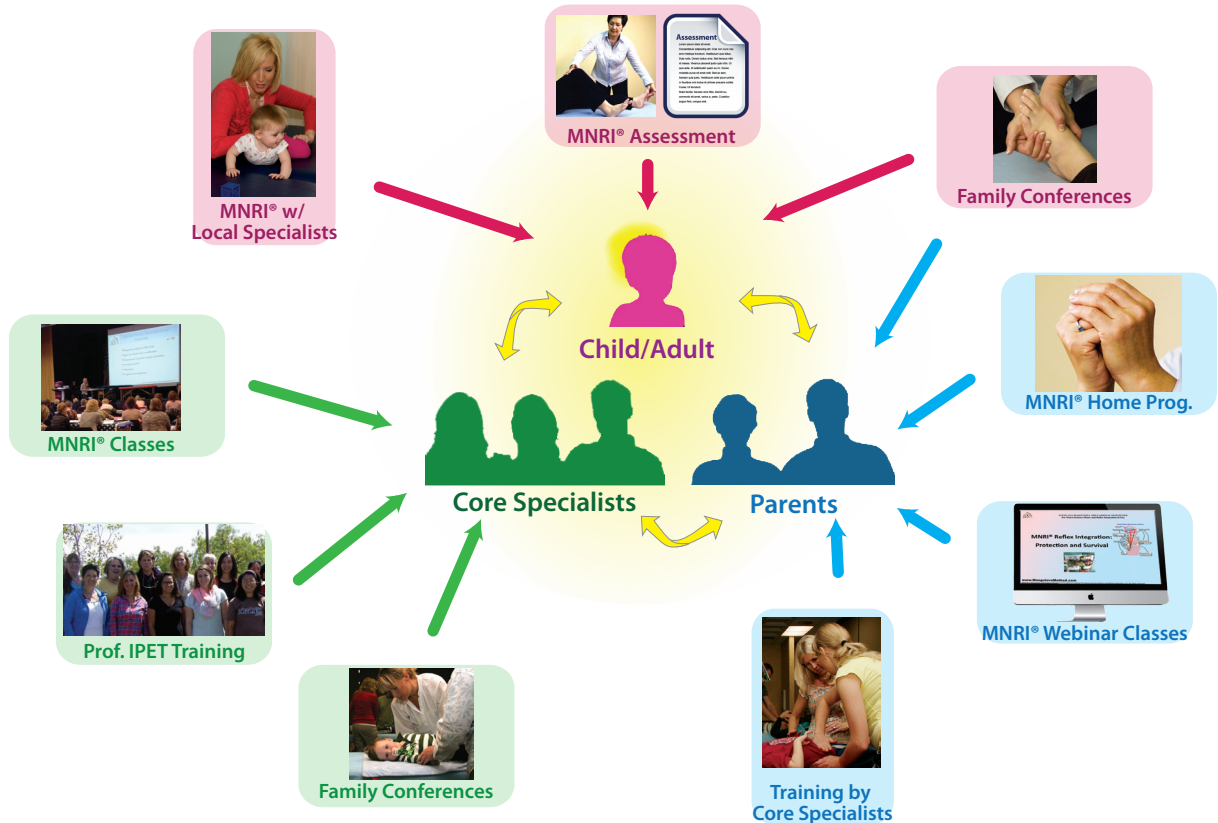
But success made me greedy for more and faster success so we enrolled in a Conference – four intensive days where my son received six hours of MNRI® each day, in different MNRI® areas. First, we received an Assessment which was very enlightening as to my son's strengths and challenges and how we were to proceed. In just four days, he could feel the difference (and I wished we would have stayed for all 8 days). I then took my first MNRI® *Dynamic & Postural Class* and we were off to amazing growth from our Home Program. Three years later, my son is approaching typical for his age in self-image and cognitive ability. I see college in his future.

From this stumbling beginning, I now see that MNRI® is a complete system for me to plug into. The major components of this system are the child or adult needing sessions, the parents in need of education, and more professionals who want training to become MNRI® Core Specialists. In this system, support is provided for each of these groups and, with the Assessment, it forms a complete system.

1) MNRI® Assessment Clinic

The MNRI® Assessment Clinic option is designed to provide a parent who does not have easy access to a MNRI® Core Specialist resource, qualified guidance and education in creating a basic MNRI® Home Treatment program. During a typical 1½ hour Clinic session, an Assessment is given then, a certified MNRI® Core Specialist shares MNRI® Neuro-structural and Dynamic and Postural Reflex program. Toward the end of the session, the Core Specialist provides the parent with a basic checklist that helps to outline the reflex focus important for forming a productive home treatment program. While much can be learned by reading the *Dynamic and Postural Reflex Manual*, videos, or attending a MNRI® course, the practical experience and in depth knowledge that a certified MNRI® Core Specialist can offer helps parents rest assured that the MNRI® Home Treatment

The MNRI® Child/Adult Centered Program



program they are following is focused on the right reflexes and techniques. Several individual training sessions are scheduled during a clinic, among which families can decide to participate in one or a number of sessions.

A basic Reflex Assessment tells if reflex patterns are developed:

- appropriate to age
- appropriate to the reaction/action of the stimuli (reflexive or compulsive level of reaction/action)
- appropriate reaction to the reflex circuit: sensory stimuli and corresponding response.

A specialized Reflex Assessment gives parameters and features to assess reflex pattern function:

Part I – The basic pattern should be:

- normal to the age of an individual
- showing a proper response for the stimulus
- have a correct and stable functioning circuit.

Part II – The variant patterns:

- in the proper connection within the programming aspect
- in the correct connection with the control aspect
- able to serve in its intentional function of motor and cognitive activity

Part III - Parameters and features should be:

- appropriate function of a reflex circuit (sensory stimuli and corresponding motor response)
- appropriate direction of movement in a reflex response
- appropriate strength of reaction/action (muscle tone regulation in pattern)
- appropriate timing of the response (time for emergence, duration, and completion)
- symmetrical in a response to the stimulus

Assessments are also given at the outset of each intensive Conference. For many years, my husband and I wondered if our daughter's eye-rolling tic was related to her seizures. (Our neurologist did not seem interested in this connection.) But when my daughter received her Assessment, Dr. Masgutova directly linked her eye tracking and eye-jumping tendencies with her seizures, could tell us specifically which nerves on her left side needed to be addressed, and she directed the Core Specialists during the Conference to give these areas special attention. (Her memory and eye-rolling improved after only two days.) So the Assessment step is very important.



An Assessment by Dr. Masgutova checking Leg Cross Flexion-Extension.

2) MNRI® Success

Options for obtaining MNRI® treatment for a child or adult can be done in several ways or in a combination of ways. Below is a discussion of the options.

A) Participate in an MNRI® Intensive Family Conference

The most intense and comprehensive MNRI® treatment training option available is an MNRI® Intensive Family Conference. Typically 4-8 days long, an Intensive Conference engages Dr. Masgutova's Team – the most highly trained MNRI® professionals in the world (certified Core Specialists) and MNRI® Core-in-Training students (at various levels of MNRI® certification) to create and apply a treatment program unique to each participating child's challenges. Each day of the conference includes a series of treatment sessions, with each session addressing one of the many MNRI® modules important to the complete, holistic, MNRI® approach.

The MNRI® programs are Neuro-Structural Reflex Integration, Tactile Integration, Integration of Dynamic and Postural Reflex Patterns and Lifelong Reflexes, Oral-Facial Reflexes Integration, Visual and Auditory Reflexes Integration, Archetype Movements Integration, Upper Limbs Reflexes Integration, Children with Challenges, Dysfunctional and Pathological Reflexes Repatterning and Integration, Proprioceptive-Cognitive Integration, Birth and Post- Birth Reflexes Integration, and Breathing Reflex Integration. In addition, complementary MNRI® programs are Pet Assistant Therapy based on Reflex Integration, Art-Therapy based on Reflex Integration, Dance-Therapy based on Reflex Integration, Speech Development based on Reflex Integration, Proprioceptive-Cognitive Integration based on Reflex Integration, and Aqua-Reflex Integration.

B) MNRI® Home Program

While the MNRI® Family Educational Conference is the ultimate experience, what makes everything work in the end is the parent's ability to carry the MNRI® work out at home. An intensive Family Conference is a quick-start approach to treating a child. Gains are almost always made at conferences, many of which are maintained, but even greater gains depend on the Home Program follow-through. A parent industrious enough to learn and apply MNRI® on his/her own, through a manual, video, by attending a course or combination of courses, possesses the long-hall stamina necessary to win the race. Success in an MNRI® program depends not simply on repatterning/integration of the reflex patterns by a Core Specialist or outside resources, but also on parents able to follow through with a committed neurodevelopment program support at home, usually 5 days per week (20 min. to 2 hours, daily). Determined and steady wins the race.

There are four general ways to get training, each with different levels of engagement. The choice of where to begin is a personal one, and often depends on a combination of factors including proximity of MNRI® resources, financial situation, and time available.

a) *Learn at an Intensive MNRI® Family Conference.* The Intensive Conferences have a session most evenings for parents to learn techniques. In addition, the therapists often provide training that will benefit their child or

adult. To guide post-conference success, a basic MNRI® Home Program is created for each child and given to parents to continue the reflex integration work at home.

b) *Work with an MNRI® Authorized Specialist (see website for list) through the Home Services.* The easiest way to get started with treatment is to locate an authorized MNRI® Core Specialist in your area. This Specialist begins by completing a basic Reflex Evaluation to identify your child's unique reflex challenges. Once your child's



Parent receiving feedback on MNRI® procedures at an intensive Conference.

specific reflex challenges are identified, a basic MNRI® Home Program is created and the MNRI® Specialist will begin the therapy and educational process to show you how to work with your child. The more parents are able to participate in the MNRI® process, the greater the possibility for functional change in their child.

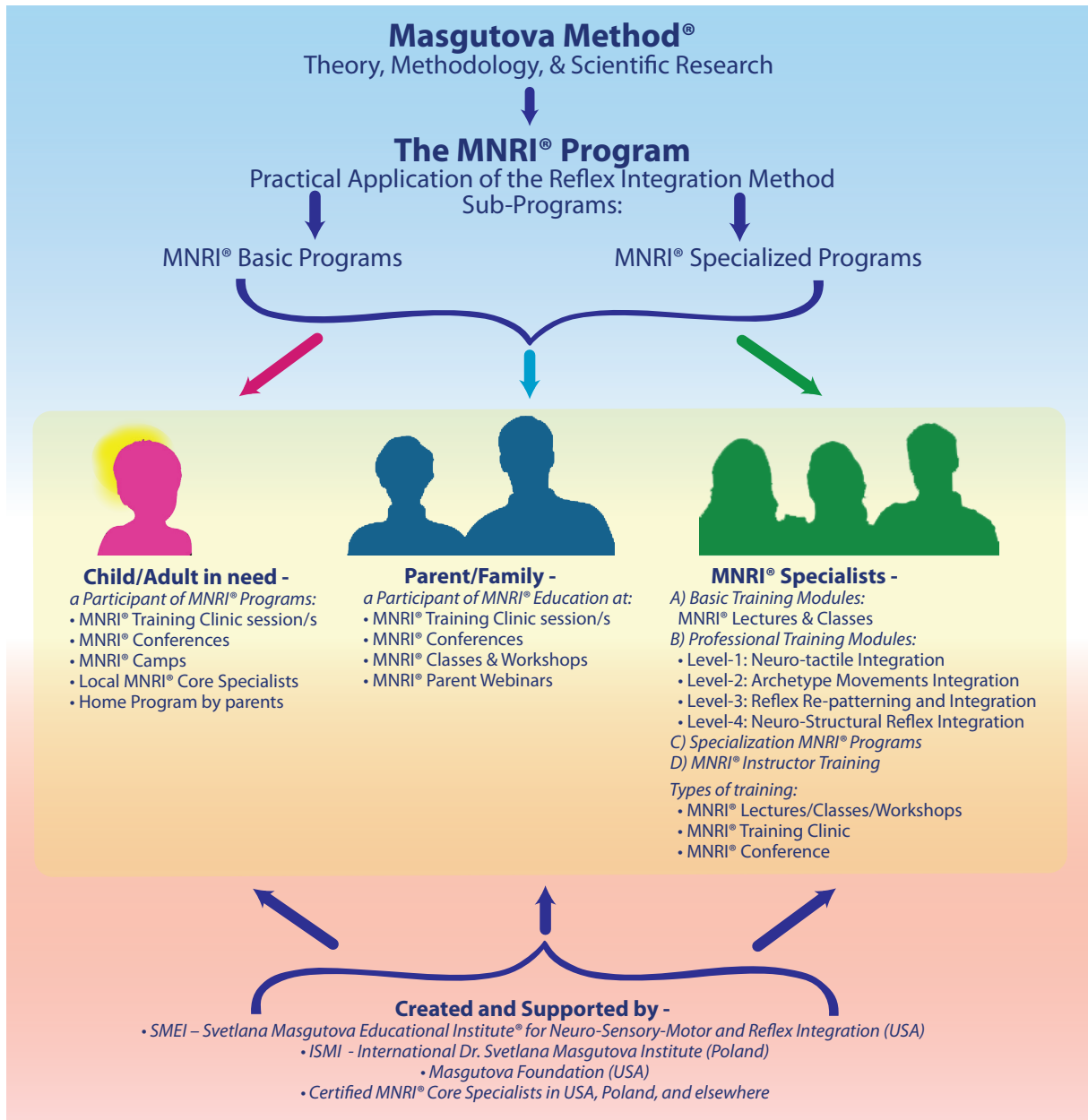
c) *Parents Attend an MNRI® Course.* Another option is for parents to consider attending an MNRI® educational class. Parents often join professionals at classes to learn for themselves how to apply MNRI® restorative techniques to integrate automatic motor reflexes and challenged sensory systems. Each MNRI® training class is designed to make sure that parents and professionals leave understanding the basic assessment and integration techniques to create and begin using the MNRI® program. While some parents are apprehensive about participating side by side with experienced professionals, we have observed that a parent's intimate understanding of their child's unique challenges and deep motivation to improve their child's situation, often prepares

them to, not only learn, but also to productively contribute to class content. Unique parent insight can lead to questions in class that help MNRI® instructors address technique nuances that benefit both the parent and professionals. We have found that often, even when parents have access to a local MNRI® resource, they choose to attend MNRI® classes to deepen their knowledge and enrich the MNRI® therapy techniques provided by a local MNRI® Specialist. We encourage parents to take MNRI® classwork whenever possible, whether to create programs for their children or to enrich the impact of other therapy options they have had the ability to choose.

d) *Parents use an MNRI® Dynamic & Postural Reflex Integration Manual or Watch Videos Online.* For those who do not have access to an authorized MNRI® Core Specialist resource and simply do not have the time or means to attend a course or other MNRI® sponsored event, the *MNRI® Dynamic and Postural Reflex Integration* manual and videos are available for purchase through the MNRI® website shop. While direct instruction and guidance is always the preferred approach, benefit can be gained from simply reading the manual or watching the videos and slowly beginning the MNRI® therapeutic process at home. The MNRI® Team encourage the families that choose this option (and other families as well) to deepen and expand their MNRI® knowledge through whatever means are possible.

Reflex patterning videos available on the MNRI® website (www.MasgutovaMethod.com) include:

- the Asymmetrical Tonic Neck Reflex (ATNR) which supports the development of one-sided and asymmetrical, cross-lateral motor coordination within the right-left motor coordination system
- the Automatic Gait Reflex which prepares the child for a Matured Gait Reflex by stimulating the development and dynamics of the legs and feet, as well as muscles in the abdominal and back areas
- Abdominal Sleep Posture Reflex which is used to unconsciously find the best position to prepare to fall asleep
- the Babinski Reflex which has a direct influence on the development of gravity, grounding, stability, and balancing reactions
- the Babkin Palmomental Reflex which creates the basis for the development of the 'palm-mouth' coordination system
- the Bauer Crawling Reflex which assists the development of coordination of whole body movement
- the Bonding Reflex which supplies the physical state and emotional well-being of being safe and protected
- the Fear Paralysis Reflex which is triggered by a sensory stimulus – auditory, visual, or tactile, such as a sudden or loud sound, an unexpected flash of light, or an uncomfortable touch
- the Flying and Landing Reflex which is strongly related to gravity, balance, centering, and grounding reactions



- the Foot Tendon Guard Reflex which is a protective reaction to a physical or emotional stress
- the Hands Pulling Reflex which becomes a part of the pattern of pulling and flexing the arms in an attempt to sit or stand up
- the Hands Supporting Reflex which offers protection when falling and helps provide clear boundaries in relationships
- the Landau Reflex which is called a reflex of joy and happiness; this reflex develops the motor control of the back of the body and the relationship of horizontal and vertical perspectives of the body
- the Leg Cross Flexion-Extension Reflex which influences muscle development and coordination of the legs
- the Pavlov Orientation Reflex which is a result of activity of the nervous system reaction scheme on being stimulated by something unexpected, new, or interesting
- the Robinson Hands Grasp Reflex which influences the development of gross hand motor coordination, grasping and holding objects, manipulation of bigger objects, and later, the development of fine motor coordination

dination of fingers for drawing, writing, playing musical instruments, and using eating utensils

- the Spinal Galant Reflex which influences future physical development like spine motions, stretching flexibility, and postural control; it also affects gravity and stability reflexes
- the Spinal Perez Reflex which is the basis for whole body coordination and development, especially for the links between the limbs and head through the core of the body, both front and back
- the Symmetrical Tonic Neck Reflex (STNR) which assists in the development of bilateral patterns of body movement and information processing in the left and right hemispheres
- the Trunk Extension Reflex which activates the cerebral-spinal fluid pumping mechanism, influencing the development of the nervous system.



During this Intensive MNRI® Conference, the child's mother is receiving training as her child receives MNRI® treatment.

A Webinar MNRI® Parent School is provided via webinar sessions similar to on-line classes with the goal of education and support for parents, especially those who cannot reach the classes and workshops because of being in different countries or other reasons of distance. The direction of the Webinars is geared toward classes on different programs of reflex integration. Lectures help parents address many 'hot' topics important to them and for consultation on the use of MNRI® techniques as applied to dealing with specific learning challenges and neurodevelopmental deficits. Examples are *Protective Behavior in Children and Reflex Integration*, *Oral-Facial Reflex Integration* and *Expressive Speech Development*, *Bonding Reflex and Attachment*, and other classes.

Other simple ways to advance knowledge and experience include membership in the Children with Challenges Chat Group and networking with other parents and MNRI® professionals. Continue to check the MNRI® Resource Directory on the MasgutovaMethod website for a list of people in training and for our updated list of authorized Core Specialists. As you experience success in your Home Treatment program, share your story on our website through *Tell Us Your Story*, to help others understand how they can accomplish the same thing and to help newcomers understand what can happen just by parents just like them.

3) MNRI® Training for Core Specialists and Parents

The Masgutova Method® has been actively developed in the USA, Poland, Canada, and other countries and is approved for Continuing Education Credits and hours by these professional organizations in the USA:

- ASHA – The American Speech- Language-Hearing Association (2010)
- AOTA – The American Occupational Therapy Association (2009)
- PTBC – Physical Therapy Board of California (2009)
- NCBTMB – National Certification Board for Therapeutic Massage and Bodywork (2010).

The MNRI® Course Education Program is the entry point for all MNRI® students wishing to become an MNRI® Core Specialist. The MNRI® Core-in-Training Program consists of several classes offering specialized training, which must be completed in order to become a MNRI® Core Specialist. This training program is designed with sufficient rigor to ensure students become solidly grounded in MNRI® and integrative techniques. The classes are given above.

To enter the MNRI® Core-in-Training Program an applicant must have a minimum of 1) a BA or BS from an accredited college program or 2) completion of six semester hours of training in anatomy and physiology before the MNRI® Core Training Program is completed.

In addition, they need to have completed the MNRI® Dynamic and Postural course twice and another MNRI® course and complete at least one case study which should be ready to submit to a professional journal before the completion of the MNRI® Core-in-Training program is finished.

The program is progressive and culminates with full certification as a MNRI® Core Specialist after:

- completion of at least eleven MNRI® courses
- completion of at least four MNRI® IPET practicum courses

REFLEXES

- completion of a total of 304 clinical hours (accumulated at designated MNRI® Family Conferences)
- passing all required practical exams
- completion of the MNRI® Core Specialist application process
- completed MNRI® Core Specialist Agreement.

All new MNRI® Core-in-Training participants must follow the IPET Training Program requirements as listed on the website at www.MasgutovaMethod.com.

MNRI® IPET (Intensive Professional Educational Training): The MNRI® Core Specialist education and corresponding title is given to those professionals who accomplish such in-depth training as Neuro-Tactile Integration, Archetype Movement Integration, Re-patterning and Integration of Reflexes, and Neurostructural Reflex Integration.

MNRI® IPET Fast Track is a new possibility for MNRI® students and specialists (from local to far away states and other countries) to study at the Orlando MNRI® Training Center to get their training certification in the extensive MNRI® programs in a shorter time.

Initiating treatment for your child or loved one is not an easy route but the important point here is that improvement and healing are possible for all children and adults, physically and cognitively, that otherwise have historically had little hope. For parents passionate about doing the most they can for their children, it is a path that is do-able for them. When MNRI® is combined with love and persistence, the potential is huge. In this book alone are just a few examples of the many hundreds of children and adults who should not be able to walk but can, should not be able to talk or hold a conversation but they do, and many, many who would otherwise not have the quality of life that they have now.

The Masgutova Method® has raised the bar of possibilities of what can be done to help those with disabilities and other challenges. So jump in! It takes work but is well worth the effort!



Parents, children, and specialists: Congratulations in creating a unique system and excellent programs to provide MNRI® education and training. – Sally Averkamp