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MNRI® Neuro-Structural Integration

Introduction:

The MNRI Neuro-Structural Integration program was created by Dr. Masgutova to address the stress response known as the *Tendon Guard Reflex* (TGR). Tendons consist of fibrous tissue that connects muscles to bones. Tendons, muscles, and joints work together to provide structural support and flexibility in the body while accommodating a wide variety of outside forces during rigorous activity to rest. The TGR involves the tendon/muscle/joint system that spans from the tip of the big toe to the back of the head (starting with the big toe, continuing to the foot tendon, the Achilles tendon, hamstrings, sacrum, spine, various back and neck muscles to the back of the head). The TGR is a whole body reaction that helps mobilize the body for protection (through freeze, fight, and flight) and development (through pause, learn, and advance). Dr. Masgutova refers to the freeze and pause mechanisms as the Red Light TGR and the fight/flight protection mechanisms and learn/advance development mechanisms as the Green Light TGR.

Red Light TGR

The Red Light portion of the TGR causes the abdominal, shoulder, and neck muscles to contract preparing the body to deal with either an unexpected situation or a situation that requires intense focus. In either case, the body stops action, quiets itself, and prepares or focuses the ears and eyes to isolate details important to the situation. When mature, the Red Light TGR supports a person's ability to narrow his field of attention, movement, and action so that he can critically *pause* to isolate details important to his task. When not mature, the Red Light TGR can result in either a hyper- or hypo-active response. A person with a hyperactive TGR is over-focused on unimportant details, can perseverate, or simply shut down or *freeze*. A person with a hypoactive TGR seems unaware that focused attention is needed and continues with whatever activity he is actively engaged in, remaining oblivious to any need relating to a looming danger or obligation.

Green Light TGR

The Green Light portion of the TGR causes spinal muscles to contract, lifting and extending the spine, and preparing the body for action. A baby activates his spinal muscles when learning to lift and right his head, arch his back, raise and stretch his legs and arms, and eventually stand and walk. The Green Light TGR works throughout this process to provide structural support and flexibility necessary to ensure protection and development. When mature, the Green Light TGR widens a person's field of vision, movement and action, so that he can see the big picture and act with forethought -- allowing him to *learn* and *advance*. When not mature, the Green Light TGR can also result in either a hyper or hypoactive response. A person with a hyperactive Green Light TGR often acts without much forethought, can misread the situation, and respond impulsively, often resulting in a *fight* or *flight* reaction without much provocation. A person with a hypoactive Green Light TGR remains relatively nonresponsive to events and experiences that generally elicit action in others.

Body Symmetry & TGR Dysfunction

The MNRI Neuro-Structural Integration program determines the current state of the TGR by assessing various aspects of body symmetry. Symmetry indicates that the TGR is matured and appropriately integrated, while asymmetry indicates TGR dysfunction. Asymmetry is often found when developmental and learning challenges are present. This is because ongoing challenges often cause chronic tension to build up in muscles and tendons. The Neuro-Structural Reflex Integration Program techniques are designed to reduce protective tension present in the body.

Neuro-Structural Treatment

The Neuro-Structural Reflex Integration course is currently offered only in conjunction with the MNRI Educational Family Conference workshop. Parents who do not have access to a local MNRI resource or are unable to attend an MNRI Educational Family Conference, are encouraged to participate in an MNRI Assessment Clinic to learn how to incorporate simple elements of the Neuro-structural Integration Program in a home treatment program.

Course Objectives:

In this three-day course (24 hours), attendees learn through course discussion and hands-on supervised practice. Attendees will gain specific instruction on how to release tension of the Tendon Guard Reflex, relax the muscular tension in the whole body, activate the proprioceptive system and body structure links for optimizing self regulation, and activate receptors through deep touch and pressure.

The Neuro-Structural Integration Program is part of the larger MRNI Method. The program focuses on:

1. Motor development assessment
2. Interpreting the reflex pattern assessment
3. Specific techniques to release protective responses (e.g., Tendon Guard)

Reflexes Addressed in this Course

Primary Motor Reflex Patterns

- Abdominal
- Asymmetric Tonic Neck (ATNR)
- Bonding
- Moro Embrace
- Spinal Galant
- Spinal Pereze
- Trunk Extension

Additional Motor Reflexes & Reactions

- Abdominal
- Balancing
- Breathing
- Centering
- Convergence-Divergence
- Core Tendon Guard
- Eyes Leveling
- Eyes Tracking
- Fear Paralysis
- Foot Tendon Guard
- Gravity
- Grounding
- Head Righting
- Head Tilting Forward
- Head Up-Righting
- Locomotion
- Oculo-kinetic
- Oculo-vestibular
- Segmental Rolling
- Spine Expanding
- Spinning
- TMJ Leveling
- Vestibular Leveling

Prerequisites: Course content is offered only as part of Associate Training when attending a Masgutova Family Educational Conference.

Course Length: The course covers a period of two days and requires a minimum of 16 hours of direct classroom instruction to complete.

Curriculum Design: The course curriculum consists of a combination of historical and theoretical lecture, case study slides and videos, technique demonstration and applied practice, and class discussion.

Course Materials: The Neuro-Structural Integration manual, written by Svetlana Masgutova, Ph.D., is the primary source for content presented in class. Supplementary course content will be referenced as needed upon presentation in class. The course manual is included as part of the Masgutova Family Conference Associate training materials and is distributed to course participants at conference check-in.

Approved Continuing Education Course for: NA