



**MNRI®: REFLEX BIOMECHANICS AND
SENSORY-MOTOR REGULATION POINTS**
MAXIMIZING REFLEX INTEGRATION

Course Objectives

Length: Level 1 – 24 hours

Prerequisites: MNRI® Core Specialist-in-Training Level 3, MNRI® Core Specialist

Participants of this live MNRI® Course (Level 1) will attend all 24 hours and satisfactorily participate in both the course discussion and hands-on supervised practice. Participants of the course will develop a clear understanding of the biomechanics and basis of the work with neuro-sensory-motor/neuro-proprioceptive points on the body corresponding to the reflex patterns. Professionals will be able to utilize this approach in their professional settings to provide support for the advanced reflex integration techniques and physical-cognitive learning process. These reflex integration techniques and exercises will be based on the material contained in the book and manual: *MNRI® Integration of Infant Dynamic and Postural Reflex Patterns*, *MNRI® Neuro-Structural Reflex Integration*, and also *MNRI® - Lifelong Reflexes Integration*.

Levels 1-3. Objectives

- Review the basic theoretical approach of the Masgutova Method® and explanation of how this theory provides the basis for the use of techniques to activate the neuro-sensory-motor/neuro-proprioceptive points located on the body. These points refer to the muscular-ligaments system responsible for the structural aspect of a reflex pattern. Each reflex pattern offers a genetic base for typical movement or posture. The work with these points triggers the biomechanics of the muscular-ligament system and presents a new paradigm for neuro-sensory-motor regulation of a reflex pattern (circuit) functioning. This paradigm serves as the basis for creating the correction or integration procedures.
- Describe the concept of the neuro-sensory-motor reflex points as the neuro-physiological basis for stimulation of the reflex pattern functioning.
- Explain the concept of the biomechanics of reflex points.
- Explore neuro-sensory-motor reflex points as the facilitators for motor patterns experienced over the lifespan.
- Understand and apply the MNRI® neuro-sensory-motor reflex points for thirty reflex patterns (Level 1 – 10 reflex patterns; Level 2 – 10; Level 3 - 10) and understand how these techniques are based upon both neuro-anatomy and physiology studies of assessment and development of motor skills.
- Describe how stress, distress and negative learning experiences can inhibit the integration of specified reflex patterns necessary for feeding, core stabilization, visual/motor integration, speech/language development and auditory processing. Poor development of primary motor systems and functions negatively influences formation of skills for drawing, reading, writing, and etc.

- Analyze reflex integration processes based on the following levels - reflex circuit, basic pattern, and links with facilitating and opposing reflex patterns; transition of reflex to intentional movement; connection of reflex pattern with conscious movements and skills; correlation of reflex patterns with behavior and habits; connection of reflex patterns with emotional sphere and development of some personality traits; and, interrelations of reflex patterns with cognition- as applied to the neuro-sensory-motor/neuro-proprioceptive reflex points of the body.
- Apply techniques based on evaluation of the pre- and post reflex assessment for neuro-sensory-motor reflexes points activation.
- Explore the neuro-anatomy of the ligament system, sensory and motor neurons, and the brain stem
- Develop specific techniques to incorporate the neuro-sensory-motor reflex points in integration exercises when using the MNRI® processes
- Develop techniques for including the neuro-sensory-motor reflex points into the exercise processes.

Receive supervised hands-on-training to:

- Develop individual programs using the MNRI® process to restore, activate and integrate reflex patterns
- Explore the possibilities for positive changes in body structure, posture and sensory-motor development
- Apply the MNRI® process to develop individual programs for people having emotional, motivational, learning and motor development challenges, and experienced stress and traumatic events (PTSD).
- Demonstrate the appropriate application of the structural integration of neuro-sensory-motor/neuro-proprioceptive points for reflex pattern regulation and integration in a supervised situation
- Evaluate and develop appropriate strategies to incorporate the use of the neuro-sensory-motor/neuro-proprioceptive reflex points integration program in a professional practice.

In Level 1 of this course the participant will deepen their knowledge of the basic material of the Program - *MNRI®: Reflex Biomechanics and Sensory-Motor Regulation Points* to:

- Explore basic concepts of Masgutova Method® for Reflex Neuro-Integration and the “Three Factor sensory-proprioceptive-motor activation of Reflex Points” describe the structural aspect of reflex patterns. These points refer to the muscular-ligaments system responsible for the structural aspect of a reflex reaction. Each reflex pattern offers the genetic system for typical movement or posture. The work with these points triggers the muscular-ligament system and presents a new paradigm for neuro-sensory-motor reflex pattern (or circuit) correction and/or integration.
- Review a portion of the muscle-ligaments anatomy as the basis of the sensory and proprioceptive system conjunctions (links) within concepts of reflex point activation. Gaining the information about location of points that refer to certain reflex patterns, such as: Robinson Hands Grasp, Hands Pulling, Hands Supporting, Babinski, Foot Tendon Guard, Trunk Extension, Spinal Gallant, Spinal Perez, Moro, and others.
- Practice under supervision the skills and deepen abilities for administering different techniques for the work with neuro-sensory-motor reflex points.

The techniques are divided into several groups:

- Sensory-proprioceptive regulation of muscle-ligament system including deep touch activation, contraction and lengthening. Regulation is provided for the muscle-ligament and muscle fascia system serving as the construction of a reflex patterns
- Resonation techniques:
 - Sensory-proprioceptive quick activation process
 - Proprioceptive rhythm activation

The course will give the ideas, theory and hands on skills of the “trigger points” to develop:

- Knowledge of their location and functioning according to the concrete reflex patterns
- The map for the trigger points of different reflex patterns (on the core, upper limbs, and lower limbs, and head).
- Concepts for recognizing the blockage in the proprioceptive system referring to the reflex pattern functioning.
- Ways to activate the Neuro-sensory-motor Reflex Point (NRP) in different areas of the body depending on the muscular-ligament blockages of the proprioceptive system of a reflex pattern.

The Masgutova Neuro-sensory-motor Reflex Integration Program - MNRI[®] has been approved by the Personality Development and Art Education Research Institute of the Russian Educational Academy in Moscow, Russia, the Ascent Educational Institute of Psychological Assistance in Moscow, Russia, and the International Dr. Svetlana Masgutova Institute of Movement Development and Reflex Integration in Warsaw, Poland. This Program is presented as the Subject for students of the Medical Academy and High Education University in Wroclaw of Poland. The MNRI[®] Program is based on research conducted since 1989 in Russia, Poland, the USA, and Canada with over 3,500 children between the ages of 1 month and 18 years, as well as on the outcome of clinic work with more than 30,000 clients worldwide. The MNRI[®] Program has been taught to the parents of children with developmental deficits and to more than 20,000 specialists in various educational and healthcare professions worldwide.

NOTE: This class is exclusively for MNRI[®] Specialists. Attempts to teach this material to other specialists and/or parents are strictly prohibited.