MNRI® NeuroStructural Reflex Integration

Dates: January 27-30, 2022
With Stephen Best
Location: Stilwell, KS

Course Overview:

The MNRI NeuroStructural 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* reactionwithout 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 NeuroStructural 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 NeuroStructural Reflex Integration Program techniques are designed to reduce protective tension present in the body.

Learning Objectives: MNRI® Neuro-Structural Reflex Integration

1. Describe the process of using core flexion-extension mechanisms to describe the protection (freezing response) and survival (fight and flight response) strategies of the brain.
2. Explore the use of these strategies to release non-productive protection tendencies which keep people from reaching their goals, potential, and from making productive decisions.
3. Describe the importance of optimizing the body's symmetry mechanisms affecting binocular vision and binaural hearing and to release past stress and traumas.
4. Describe the innate nature of the sensory-motor reflex system and general principals of the Masgutova Method® for facilitation of changes in the physical, emotional, social, and cognitive functions of a person.
5. Describe the role of the Red Light Tendon Guard Reflex (H. Selye, 1974) and its effect on the abdominal, shoulder, and neck muscles when preparing the body to deal with either unexpected situations or a situation that requires intense focus or a quick reaction.
6. Explore the importance of a matured Red Light Tendon Guard Reflex for the process of being able to pause and calm oneself down vs becoming over focused on unimportant details and shutting down.
7. Describe the Green Light Tendon Guard Reflex and its effect on muscles around the spine which prepare the body for action.
8. Describe the importance of a matured Green Light Tendon Guard for a person to see life's big picture in order to learn and advance vs becoming hyperactive, acting without forethought, and misreading situations resulting in 'fight or flight' reactions.
9. Describe how body symmetry and gravity line are used to determine if the Core Tendon Guard is matured and appropriately integrated, or if it is dysfunctional which may lead to inappropriate responses to everyday life challenges.
10. Explore techniques using neurosensorimotor biomechanical points to release tension in the Core Tendon Guard and activate the proprioceptive system to optimize regulation of a person's behavior, emotions, and self.
11. Describe how the activation of reflex patterns facilitate neurodevelopmental mechanisms for proper physiological functions which provide for easier learning for sensory-motor abilities and skills necessary for daily life functions.

12. Describe how the integration of the primary motor patterns support cognitive development.
13. Describe how improvement of the Core Tendon Guard response determined by activity of the brain stem aids in the development of appropriate and healthy protection.
14. Explore how the Tactile System with the activation of receptors of deep touch, pressure, and low vibration create the kinesthetic feeling and state of physical orientation within one's body and confidence in own sensory sensations and movements.
15. Describe how the correct regulation of specialized skin receptors increase tolerance for inadequate hypersensitivity to life's daily occurrences.
16. Explore how the activation of the proprioceptive system increases regulation of muscular-tendoneous tone which works with any negative somatic anchors caused by stress.
17. Describe how the diaphragm mobilization technique releases stress and improves breathing.
18. Explore how the activation of biomechanics of reflex patters offer correction of non-productive, dysfunctional, or pathological motor automaticity.
19. Describe how the activation of reflex patterns offer optimization of motor automaticity.
20. Describe how activation of reflex patterns offer support for the coordination of the neuro-structural aspects of the body, its reactions and overall cognitive development.
21. Participate in direct hands-on instruction for the techniques of Tactile-Proprioceptive Greeting of the front of the body and core rectangle.
22. Participate in direct hands-on instruction for the techniques of the Pendulum and other sternum areas to optimize functions of breathing, vision, and auditory and articulation systems.
23. Participate in direct hands-on instruction for Fear Paralysis and Moro biomechanical points to organize the response of freezing and fight or flight; balance self-preservation instincts and activate self-regulation mechanisms in the brain stem and diencephalon (sub-cortical structures).
24. Participate in direct hands-on instruction for the activation of the lower limbs and feet to release negative Core Tendon Guard response, and activate the self-regulating responses of the brain stem and balancing and adjusting mechanisms of the cerebellum.
25. Participate in direct hands-on instruction for the activation of the back of the body for optimizing the functions of the Spinal Perez as a detoxifying mechanism, optimize the regulation of stress hormones of adrenalin and cortisol, and optimize the Spinal Galant Reflex pattern to increase Beta and Alpha waves in the brain wave spectrum.
26. Explore the MNRI® Neuro-Structural assessment.
27. Describe different techniques for creating an individual program for clients and the development of home practice activities.

Course Agenda:

Day 1

Hour 1: Movement as basis of natural Development

Hours 2-3: Afferent sensory pathways from target area to spine and brain and efferent motor pathways back to target areas

Lunch 1 hour

Hour 4: Reflexes serve as the neuro-physiological basis for development of infant movements

Hours 5-6: Body Motor Coordination Systems and Brain Levels

Hours 7-8: Core Tendon Guard and Pendulum techniques

Day 2

Hours 1-4: Techniques

Lunch 1 hour

Hours 5-6: Upper limb reflex techniques

Hours 7-8: Lower limb reflex techniques

Day 3

Hour 1: Tendon Guard Regulation

Hours 2-4: Posterior body (sacrum and spine) theory and techniques

Lunch 1 hour

Hour 5: Techniques

Hour 6: Other Reflexes: Pavlov Orientation Reflex

Hours 7-8: Tendon Guard Reflex pattern, symmetry and physical body response to stress

Day 4

Hour 1: Dynamic and Postural Infant Reflex pattern Integration-Front-Back Motor Coordination System

Hours 2-3: Neurostructural techniques for the neck

Hour 4: Postural Reflexes: Symmetrical Tonic Neck Reflex

Lunch 1 hour

Hours 5-6: Trunk Extension Reflex and Tonic Labyrinthine Reflex

Hour 7: Integration of Reflex patterns within Front-Back Body Sides MCS

Hour 8: Implementation of Reflex Development and techniques in therapy

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Financial Disclosure: Stephen Best receives a stipend based upon an enrollment percentage.

Non-financial Disclosure: No relevant relationship exists.

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Target audience:
Speech Language Pathologists, Speech Language Pathologist Assistants, Occupational Therapists, Certified Occupational Therapy Assistants, Nurses, Physical Therapists, Physical Therapist Assistants, Educators, Psychologists, Physicians, Massage Therapists, Mental Health Counselors, Other Health Care Providers, Parents.

Assessments:
In Person Courses: Self Assessment and technique demonstration.
On line Courses: Self Assessment and technique demonstration.

Additional Information and Registration:

For more information or to register, visit https://masgutovamethod.com/events?2187.
You can also contact the local MNRI® coordinator for this course:
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