

# MNRI® NeuroStructural Reflex Integration



**Dates: April 21-24, 2024**

**With Christine Poulin**

**Location: Montreal, Canada**

## **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 persevere, 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 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. 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.
3. Explain 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.
4. Describe the Green Light Tendon Guard Reflex and its effect on muscles around the spine which prepare the body for action.
5. 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.
6. 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.
7. Describe the techniques of 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.
8. 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.
9. 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.
10. Describe how the correct regulation of specialized skin receptors increase tolerance for inadequate hypersensitivity to life's daily occurrences.
11. Describe how the activation of the proprioceptive system increases regulation of muscular-tendoneous tone which works with any negative somatic anchors caused by stress.
12. Describe how the diaphragm mobilization technique releases stress and improves breathing.

13. Describe how the activation of reflex patterns offer optimization of motor automaticity.
14. 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.

### **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:** Christine Poulin receives a stipend based upon an enrollment percentage.

**Non-financial Disclosure:** No relevant relationship exists.

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**Special Needs Requests:** If you require special accommodations, please notify SMEI at [events@masgutovamethod.com](mailto:events@masgutovamethod.com) at the time of registration so that needed accommodations can be made prior to the course.

**Course Completion Requirements:** Full attendance is required to receive a certificate of completion and any available credit hours or CEUs.

**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?2635>.

You can also contact the local MNRI® coordinator for this course:

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