

# MNRI® Stress and Trauma Recovery

1.6 CEUs / 16 Contact Hours



## Course Overview:

The goal of this 16 hour workshop is to explain the restorative role of a reflex pattern in stress and traumatic stress. It will discuss the definition of a reflex and its neurophysiological aspect in concern to human behavior and emotions in stress and traumatic stress. The concept of use of the neurosensorimotor reflex integration therapy modality for optimizing the brain function and recovery from Post-traumatic Stress Experience (PTSE) and the PTS Disorder (PTSD) is a 'missing link' in the therapy of *stress*. The focus of this program is to provide information on the effects of stress, specifically post-trauma, and its consequences as expressed in Reflex Integration Disorder (RID). The program will also give specific instruction on the use of the MNRI® post-trauma procedure and exercises as an effective tool for treatment of children and adult survivors of traumatic events, especially those of natural and human made catastrophes, wars and violence.

This course is based on traditional neurophysiological and recent scientific evidence in brain research demonstrating how stress and trauma activate automatic survival responses. These responses are genetically inherent unconscious behaviors reflecting the state of the nervous system. The original and simple concepts of this MNRI® work with PTSE and PTSD is recovery intervention based on the idea of reflex integration using the sensory motor links of the reflex circuit to channel brain stem anchors (self-preservation, territorial and power instincts) for positive survival and transition to a safe and healthy here and now experience.

This workshop shares the research data on reflex integration disorder (*RID*) in individuals with post-traumatic stress, which shows the vital need to work on reflex patterns after post-trauma and chronic stress. This workshop proposes the MNRI® Protocol – re-patterning exercises for the restoration and integration of sensorimotor reflex patterns. They are targeted at the improvement of survival mechanisms, resilience of the nerve system, and enhancement of the nerve system's flexibility.

The participants of the program will get information about the role of reflex integration affecting the neuro-sensorimotor-somatic and neurodevelopmental recovery interventions for PTSD that deals with emotional responses and behavior, long-term memory and skills, olfactory responses and feeling of comfort and safety, motivation and self-regulation and estimation, focusing and cognitive processes. The participants will be given a questionnaire that will be used to determine their level of stress-vulnerability. According to their stress level, proposed specialized exercises will be supplied. Movement and symbolic/drawing techniques will be demonstrated as a work means for children.

The *MNRI®: NeuroReflex Integration for Post-Trauma Recovery Program* can be used with children and adults with instable emotional responses and challenging behaviors as the result of post-trauma, survivors with the PTS memory deficits; affected sensory-motor and speech functions; disorientation in space and time; damaged social skills and communication, decoding and modeling/"mapping" and comprehension difficulties. This program can be used as a stress/distress release program and is appropriate for use with individuals

with such challenges, as: PSTE and PTSD, birth and post-birth traumas, emotional instability and disorders, hyperactivity (ADHD, ADD), addiction tendencies, behavioral instabilities, sensory processing disorders, disorders and challenges in learning, (dyslexia, dyscalculia and other), intellectual development problems, brain injuries, post-stroke pathologies, Alzheimer's, Parkinson's, cerebral palsy, and a variety of other neuro-deficits.

This MNRI® PTSD Program is based on the extensive experiences of Dr. S. Masgutova working with post-traumatic stress disorder (PTSD) children and adult victims of the Chernobyl disaster (1986-1996), the Baku conflict (1990-1991), the earthquake in Armenia (1989-1999), the train crash in Ufa (1989), the Chechen War (1996-1999), conflicts in Israel (2001-2005) and other traumatic situations. Her work with PTSD became the foundation of the MNRI® PTSD Program, opening resources for survival and beyond, including her last work with MNRI® Team using Reflex Integration PTSD Protocol with individuals who experienced trauma in Newtown USA (January-February, March-May 2013; 218 MNRI Sessions).

This Program can be used with individuals with such challenges, as: PSTE and PTSD, birth and post-birth traumas, emotional instability and disorders, hyperactivity (ADHD, ADD), a tendency for addictions, behavioral instabilities, individuals with sensory processing disorder, deep disorders and challenges in learning, (dyslexia, dyscalculia and other), intellectual development problems, brain injuries, post-stroke pathologies, Alzheimer's, Parkinson's, cerebral palsy, and a variety of other neuro-deficits.

### **Learning Outcomes: MNRI® Stress and Trauma Recovery**

1. 100% of participants will explain the basis for neurosensorimotor reflex integration for successful support of an individual having experienced psychological trauma.
2. 100% of participants will be able to describe three neurodevelopmental complications found in in trauma.
3. 100% of participants will be able to describe 5 strategies that provide positive changes for sensorimotor integration, behavioral and emotional responses, hypervigilant arousal states, avoidance behaviors, reliving past experiences, and cognitive hands-on tasks.
4. 100% of participants will be able to describe how individuals can create positive 'anchors' based on natural innate mechanisms of neurodevelopment and neuroplasticity for developing inner control through balance of sympathetic/parasympathetic systems and excitatory/inhibitory neurotransmitters.
5. 100% of participants will be able to analyze the strategies for creating behavioral-cognitive anchors through reflex re-patterning as a system to develop positive self-survival mechanisms.
6. 100% of participants will be able to describe the survival reflexes and their involvement in the Kubler-Ross and other author's concept of stages of trauma or loss.
7. 100% of participants will be able to identify patients who would benefit from the use of MNRI.
8. 100% of participants will apply and practice hands-on instruction while moving through the MNRI protocol learned and receive feedback from the instructor.

**Criteria for Successful Completion:**

- Attendance to the entire course
- Participation in practice with instructor feedback
- Course evaluation
- Post-Test score of 80% or higher

**Approval to award Continuing Education contact hours:**

This nursing continuing professional development activity was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

**AHNA Non-endorsement of Modality Statement:**

Approval for contact hours through the American Holistic Nurses Association (AHNA) is based on an assessment of the educational merit of this program and does not constitute endorsement of the use of any specific modality in the care of clients.

**Relevant Financial Relationships:**

No one with the ability to control the content of this activity has a relevant financial relationship to disclose except course instructors who are on the speaker's bureau will receive financial compensation for teaching the course. The following instructors are certified to teach this course and receive a stipend from The Svetlana Masgutova Educational Institute based upon enrollment:

- *Pamela Curlee*
- *Dr. Patricia Shackleford*
- *Dr. Joan Spalding*
- *Tawni Lawrence*
- *Dr. Svetlana Masgutova*
- *Susanne Wolmesjö*
- *Rebekah LaVone*
- *Trina Deiss*
- *Heather Taylor*

This course will focus exclusively on the MNRI® Stress and Trauma Recovery method and will not include information on other similar or related products or services.

**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.

**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.



**Approved Provider**

The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA or indicate AOTA approval of a certification or other professional recognition. This course is offered for 1.6 AOTA CEUs / 16 Contact Hours (Introductory level; Occupational Therapy Process: Evaluation, Intervention)



Svetlana Masgutova Educational Institute, LLC is approved by the National Certification Board for Therapeutic Massage and Bodywork (NCBTMB) as a continuing education Approved Provider. # 451475-10

This nursing continuing professional development activity was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Approval # 1710