

## TESTIMONIALS

What others have said after completing this workshop:

"Claire Hocking's Reflex course has added an important dimension to my knowledge, teaching and clinical work. It provides an intrinsic base of understanding about the early stages of our development and how crucial the Brain Gym movements - not just the balances are. My clients, especially the children, are benefiting from this course - it gives a platform for them to feel even more part of the process, without blame, and they eagerly look forward to the next stage of their evolution! I have also never been more busy! Personally, and probably why I have embraced this, I have seen an important stability develop within myself, both in my balance, my vision and my whole self. I commend Claire on this work and urge others to experience it."

Gay Landeta, Queensland, Australia  
Brain Gym Instructor

This workshop can be taught to anyone with no previous Brain Gym experience as an introductory course (although it is useful to have some knowledge of the Brain Gym movements).

The more in-depth workshop is available, which includes the teaching of reflex balances for those who have completed the certified Basic Brain Gym 101 workshop.

**Make your Brain Balances even more powerful!**

## CLAIRE HOCKING



Claire is one of Australia's leading Educational Kinesiologist / Brain Gym Practitioner & Instructor, Consultant and the Director of the Ballarat Whole Brain Learning Centre, where she consults privately with all age groups. Claire has developed and taught her Primitive Reflexes workshops over a number of years. Claire was invited to present her workshop in Canada in 1999 & in Hawaii in 2000 to an international audience, following her presentations at the annual Educational Kinesiology International Gatherings in 1998, 1999, 2000, 2002, 2003 & 2006.

With over twenty years experience as a primary and secondary teacher, Claire has successfully used Brain Gym in schools both as a grade, music and integration teacher. Claire regularly presents Brain Gym & Kinesiology programs & workshops including Primitive Reflexes to interested groups both nationally and internationally.

For further information please contact:

**Claire Hocking**

43 Young St, Lara

Victoria, Australia 3212

Ph: (03) 5282 5985 Fax: (03) 5282 8542

E-mail: [claire@wholebrain.com.au](mailto:claire@wholebrain.com.au)

[www.wholebrain.com.au](http://www.wholebrain.com.au)

# PRIMITIVE REFLEXES AND THEIR EFFECT ON LEARNING & BEHAVIOUR

A Three Day Brain Gym Workshop

Level One

Presented by

**CLAIRE HOCKING**

Registered Brain Gym Instructor &  
Educational Kinesiologist  
Australia

## PRIMITIVE REFLEXES AND THEIR EFFECT ON LEARNING AND BEHAVIOUR

The retention of primitive baby reflexes are **THE** underlying cause of many learning and behavioural problems. When they do not integrate as expected and remain active in a person's system, they are the underlying causes of many learning and behavioural problems in childhood and adulthood such as hyperactivity, dyslexia, disruptive behaviour and poor memory, concentration and coordination.

In this workshop learn about the effects of each primitive reflex if still inappropriately retained within a person's system.

Learn how to correct this developmental delay and improve the processing of sensory information using Brain Gym™, Vision Gym™ and Edu-K Indepth techniques and procedures. This will provide the child with more mature patterns of response to allow many academic skills such as reading, writing, spelling and maths to improve and become easier.

Claire has begun the process to have this workshop is fully accredited with the International Edu-K Foundation.



## THE FOLLOWING REFLEXES ARE ADDRESSED:

- ☆ **Fear Paralysis Reflex** - will cause the child to feel overwhelmed and / or fearful and may result in depression, excessive shyness or Elective Mutism
- ☆ **Moro Reflex** - can have a major effect on behaviour , emotions and stress levels.
- ☆ **Tonic Labyrinthine Reflex** - has a major effect on learning and coordination.
- ☆ **Palmar Reflex** - affects children's handwriting abilities and pencil grip
- ☆ **Infant Plantar Reflex** - can affect smooth running and walking
- ☆ **Asymmetrical Tonic Neck Reflex** - affects handwriting and language abilities
- ☆ **Spinal Galant Reflex**- affects concentration span and can contribute to hyperactivity.
- ☆ **Rooting and Suck Reflex** - can cause speech and articulation problems
- ☆ **Babinski Reflex** - can contribute to poor coordination skills
- ☆ **Symmetrical Tonic Neck Reflex** - will cause child to 'slump' when sitting, especially at a table or desk
- ☆ **Vestibular** - is often related to auditory confusion and delay
- ☆ **Ocular Motor** - affects reading, writing, concentration and focus.

## THIS WORKSHOP INCLUDES:

- ☆ Information on primitive reflexes in general and their vital link to learning and behaviour. When they do not inhibit as expected, they are THE underlying causes of many learning and behaviour problems in child- and adulthood.
- ☆ Description, function and/or purpose of each reflex in infancy.
- ☆ Chronological order and normal expected time of emergence and integration of each reflex.
- ☆ The effects on learning, behaviour, physical activity, sports and wellness if each reflex is not fully inhibited.
- ☆ Reflex Testing Methods including
  - Testing positions and procedures
  - Observations
  - Noticing Score
- ☆ Effective techniques and procedures using Brain Gym™, Vision Gym™ and Edu-K Indepth corrections .
- ☆ Practical management strategies for short and long term improvement for home, the classroom and private practice.