

"In-Synch was one of the best Brain Gym courses that I have done. Claire is an excellent teacher with loads of experience. The course is easy to learn and I use the information in all my Brain Gym sessions."

MF, AUSTRALIA

"I loved learning the In-Synch techniques! I came away with tools I could easily use when someone's Brain Gym session called for resolving a "sensory integration" issue. It was fascinating to see how to pre-check these various sensory components — vestibular, proprioception, ocular, auditory, tactile — and then how to facilitate a balance for integration of whichever one needed to be addressed. What a wonderful, complementary addition to the Brain Gym balance process!"

KB, BRAIN GYM INSTRUCTOR, USA

"I attended Claire Hocking's In Synch workshop level 1 twice. It is a very useful workshop. I learned ways to incorporate Brain Gym movements to integrate the senses. I enjoyed the information presented at the workshop. What I learned from the workshop enhanced my professional capacity. Claire Hocking is a great teacher. She understood my questions about the course. She helped me to clear many of my questions about usage of the Brain Gym movements and In Synch senses."

CA, BRAIN GYM INSTRUCTOR, MALAYSIA

"In-Synch is an amazing course. I have attended it three times and each time learnt more things. What I love about this course is it always makes me aware of where I have been compensating and just "surviving to get through daily life" Once a balance has been done, I can actually feel a difference in my brain, body and self. I feel more connected (if you get it) to my mind, body and soul. I walk better, feel happier, calmer, balanced and able to deal with whatever "upsets or throws me off balance." It's great to actually feel ME! Thank you Claire for guiding me."

SB BRAIN GYM INSTRUCTOR MALAYSIA



Claire Hocking is an Australian Educational Kinesiologist and Brain Gym Instructor who specialises in sensory integration and retained early uterine, primitive and postural reflexes. Claire consults in private clinics with children and adults of all ages with varying concerns, such as ASD, ADD, ADHD, ODD, OCD, developmental delays, anxiety, depression, challenging behaviours, mental illnesses including depression, anxiety, post-traumatic stress disorder, anger management issues, bipolar, dementia and Alzheimer's disease. Claire is particularly interested in researching the link between sensory dysfunction and retained primitive reflexes and learning, behavioural, and wellbeing concerns and difficulties.

Claire has extensively taught and used Educational Kinesiology and Brain Gym in preschools, primary and secondary schools, tertiary colleges, adult education centres, special developmental centers, health centers, and nursing homes for almost 30 years.

Claire has taught Brain Gym workshops and Educational Kinesiology courses including In-Synch: Integrating the Senses using Movement, both nationally and internationally for over 25 years. Presently Claire is the only In-Synch instructor world-wide.

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BRAIN GYM™

In-Synch: Integrating the Senses using Movement

Fully accredited by the International
Educational Kinesiology/Brain Gym
Foundation and the Australian
Kinesiology Association



Presented by

CLAIRE HOCKING
Dip. Teaching, Cert. A, AST 1, VIT, AKA

Educational Kinesiologist, Brain
Gym, In-Synch, OBO, and Vision
Circles Instructor Australia

The In-Synch 1 and 2 courses were originally developed by Rita Edwards an OT and Brain Gym Instructor from Cape Town, South Africa in the late 1990s, who sadly passed away in 2017.

Sensory Integration is the neurological process of organizing the information that we get from our bodies and from the world around us for use in our daily life. Our brain filters the millions of sensory sensations that bombard us every minute of the day by inhibiting the irrelevant information so that we can more effectively pay attention to, and deal with the relevant information.

There is a specific developmental process that the child goes through in the development of their senses. Using our senses and integrated reflexes are crucial to these processes.

If any of the sensory systems are blocked or slow in developing, then further development and learning takes place in a vacuum; “out of synch” with the normal developmental stages causing neurological dysfunction. As a result the brain does not receive the sensory data efficiently, or it is received inconsistently.

When the sensory systems are not functioning fully, it is as if there is a traffic jam in the brain. This is then compounded with immature retained reflex responses. The results are not being able to react or behave in a meaningful, appropriate due to ‘weak links’ and/or gaps in the wiring of their neural brain pathways, which may impair all further development, learning, behaviour and well-being.

As we meet changing situations that require new learning and adjustments throughout our lives, we tend to go back to our last stable point of development. For many, this is before sufficient sensory integration and reflex has happened. Children and adults with a sensory integration imbalance have a much higher chance of experiencing other conditions, such as developmental delays, specific learning difficulties, Autism Spectrum Disorder, ADD, ADHD, ODD, OCD, anxiety, depression, post-traumatic stress disorder, poor auditory processing, poor visual processing, Tourette’s, and coordination difficulties.



Sensory Red Flags

- Unpredictable, emotional instability, cries easily, aggressive, volatile temper
- Poor sense of rhythm, falls easily and often, walks with uneven gait
- Fear of swings and slides, high places and elevators
- Tendency to be clumsy and bump into things, drops things
- Tendency to be fearless, climbs high places with no apparent concern
- Fussy picky eater, poor eating habits
- Poor reading, writing, spelling, maths, reverses letters, words, numbers
- Inability or poor comprehension to follow or carry out instructions
- Forgetful, always losing things, absentminded
- Impulsive behaviour, unable to sit still, always on the move
- Unusual quietness and lethargy
- Constant interrupting, won't wait his turn to speak
- Persistent chattering, often unrelated to topic
- Excessive repetition in speaking and questioning and playing
- Easily upset with others, upsets others without understanding why
- Difficulty with cross crawl, skipping, hopping and jumping
- Clumsiness in catching and throwing balls
- Difficulty in manipulating scissors, pencils, beads, shoelaces, bows, etc.
- Erratic or slow in completing work, doesn't get down to their work tasks
- Unusual inactivity characterised by daydreaming and lack of focus
- Trouble with game playing and following group rules
- Behaviour gets worse in crowded, noisy places
- Confused sense of time and distance
- Difficulty in expressing ideas, sequencing pictures, events and times



There are Three Ways you can Experience Sensory Integration

1. Private Consultations with Claire Hocking where more in-depth Educational Kinesiology assessment and corrective techniques will be used.

2. Sensory Integration: Integrating the Senses through Brain Gym - One Day Workshop

Brain Gym® is the sensory motor program of Educational Kinesiology. Brain Gym will effectively assist in maturing and ‘normalizing’ the sensory system to help integrate and modulate each sense to assist in bringing its function into more mature and normal range.

Learn the Brain Gym that will assist in maturing and ‘normalizing’ hyper- and hypo- sense of taste, touch, smell, hearing and auditory processing, and vision and visual processing, proprioception, and balance (vestibular).

No prerequisites.

3. In-Synch: Integrating the Senses through Movement - 24 hour certified course

In this course you will learn specific Educational Kinesiology/Brain Gym techniques for assessing and balancing the senses to enhance sensory integration.

Learn how to balance and integrate:

The Cranial-Sacral System

The Vestibular System – Sense of Balance and Movement

The Proprioception System – Sense of Body Position

The Ocular System – Sense of Sight

The Auditory System – Sense of Hearing

The Tactile System – Sense of Touch

The Olfactory System – Sense of Smell

The Gustatory System – Sense of Taste

Hemispheric and Whole Body Integration

- Extra sensory corrections to add to your learning menu
- Assessment of Integration of the Senses
- The In-Synch Balance

Prerequisite: Brain Gym 101