



WHO SHOULD ATTEND

- Educators
- Parents
- Occupational Therapists
- Physical Therapists
- Developmental Therapists
- Psych/LCSW
- Fitness Professionals

OVERVIEW

Movement is the foundation of all development including motor skills, communication, sensory integration, regulation, and self-help. Development begins in pregnancy with a set of organizing movements which serve as the launching pad for all post-natal development. The complexity of the birth transition can often disrupt the pre-natal foundation. We find early developmental gaps quickly resolve when the pre-natal foundation is restored. The focus of this course is the pre-natal foundation movements, key birth disruptors, and Bridging technique strategies to close gaps.

When we don't work quite right the conventional practice is to look at the squeaky wheel. (If the hip hurts, check the hip. If behavior is off, address behavior.) Sometimes this works, and sometimes it doesn't, especially related to early development.

What if, instead, we look at how the human machine works? The beauty of taking a machine-based approach is that underneath all the human complexity, we truly are a simple machine! Understanding the way the human machine works leads to a systematic process for determining what is not working well and how to support it. Hint: It's often not the squeaky wheel.

In this course, you will learn the use of early foundational movements to support development and restore function of the human 'machine'. By improving the foundation of the body's machine, many seemingly unrelated aspects quickly improve especially related to early development, posture, and movement.

OVERVIEW

The ability to self-regulate is essential to all facets of life—learning, communication, and social interaction. The physics of regulation begin before birth and are reflected in the simplest of movements. These movements and the ability to regulate evolve in complexity facing challenges from each growth spurt, illness, and injury along the way. By delving into the basic science of regulation and the distinct transitions of regulation, participants will gain new insight into understanding, assessing and treating developmental gaps, movement or postural disorders, and pain.

Participants will learn three foundational early developmental movements supporting regulation, posture, and movement at all ages. Understanding the movements and the science of Kinetic Bridging® allows for new ways to support core function with seemingly magical results.

LEARNING OBJECTIVES

- Learn the three basic movements supporting and organizing early development, posture, and movement.
- Learn five birth-related reasons the movement foundation is altered in 35-40% of all client/patients, and why they relate to gaps in development, postural/movement disorders and pain.
- Learn the neurobiology and biophysics principles of the Kinetic Bridging® technique and apply to restore foundational movements of the core.
- Understand how five of the most common birth scenarios affect foundational movements resulting in challenges to development, posture, movement, and pain at any age.

COURSE DATE

September 15, 2018

TIME

9 a.m. - 4 p.m.

LOCATION

Kinetic Konnections (Northbrook, IL)

COURSE INSTRUCTORS



Cara Lindell
(Founder, Bridging Master)

Cara is the founder of the Kinetic Bridging® technique and CEO/ Founder of Fully Fit Lifestyles, Inc. and Kinetic Konnections. The Kinetic Bridging® technique is a systems' engineering approach to movement and movement development. Cara earned her Bachelor of Science in Electrical Engineering from the Illinois Institute of Technology and her Masters in Engineering Management from Northwestern University. She is a nationally certified Medical Exercise Specialist and Personal Trainer (American Council on Exercise), a member of the IDEA Health and Fitness Association, and a member of the Institute of Electrical and Electronics Engineering (IEEE) and its society for Engineering in Medicine and Biology (EMBS). She completed the basic and advanced General Movements Infant Assessment training and is certified in the Integrated Listening Systems program.



Joanna Quargnali-Linsley
(Bridging Specialist)

Joanna has a Bachelor of Arts in music with years of experience in post-secondary education including music, marketing, and business. She is also a Certified Ayurvedic Health Counselor and a Yin Yoga teacher in addition to her Bridging Specialist certification.

PRE-REQUISITE

Back to Basics Workshop

SCHEDULE: (6 hours—3 lecture, 3 hands-on demonstration and case studies)

TIME	CONTENT	SUMMARY
9:00 a.m.	Welcome, Overview	Logistics, introductions, and learning goals.
9:30 a.m.	Basic Movements	Three organizing core movements supporting posture, movement, and sensory function. Relationship to science basics of regulation.
10:00 a.m.	Movement Assessment	Demonstration and practice.
11:00 a.m.	Disruptions to Foundational Movements	Five birth-related impacts to foundational movement function and regulation.
11:30 a.m.	Case Study	Case study video and discussion.
Noon	Break	Lunch (on own)
1:00 p.m.	Bridging Technique	Neuroscience and Biophysics principles, cautions.
2:00 p.m.	Application	Practice Bridging technique application to support and restore foundational movements.
3:00 p.m.	Case Study	Case Study video and discussion.
3:30 p.m.	Review and Quiz	Summary of concepts and time for questions.
4:00 p.m.	Adjourn	Evaluations and certificates of attendance.

CONTINUING EDUCATION CREDITS

Kinetic Konnections is an approved IDFPR CE Sponsor (224.000166-OT and 216.000297-PT). This course is approved for 6 contact hours.

The Illinois Early Intervention Training Program has approved this event for 6 hours of EI credential credit. See the online listing for breakdown by area.

COURSE FEES

\$200 with Continuing Education credit

REGISTRATION

Call 847.390.8348, email clientcoordinator@kinetickonnections.com, or at MindBodyOnline.com. Payments accepted: Business or Personal Check or Credit Cards (Visa, MasterCard).

CANCELLATION, MAKE-UP, AND REFUND POLICIES

If a session is cancelled by Kinetic Konnections, it will be re-scheduled or registration fees refunded. Any refunds will be processed within 2-4 weeks. If a student is not able to attend a specific session, they have the option of making up the session on a future date. Any make-up sessions must be completed within 12 months of the original scheduled date. Any make-up sessions must have prior approval of the instructor to ensure class space is available.

Participants may withdraw from the course with the following refund policy:

- More than two weeks prior to the start of the course: Full refund minus a \$25 processing fee.
- Less than two weeks prior to the start of the course: 50% refund minus a \$25 processing fee.
- Application of course fees to a future date. This must be scheduled within a year of the original course.

Cancellation, withdrawal, or make-up notification must be provided by phone or in writing via email. An email acknowledgement will be sent to confirm.

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www.KineticKonnections.com

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**Bridging**
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