BODY-MIND CENTERING®
Movimiento Atlas

INFANT DEVELOPMENTAL MOVEMENT EDUCATION
IDME PROGRAM
Spain

Program Director: **Patricia Gracia**
Organized by **Movimiento Atlas**

INFORMATIVE PACKAGE

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INFANT DEVELOPMENTAL MOVEMENT EDUCATION PROGRAM (IDME)

This training program is based on an innovative, highly sophisticated and subtle approach to the observation and facilitation of normal movement patterns in infants. It trains people to recognize early movement patterns and to interact effectively with infants in ways that will have a positive effect on their growth and development.

The goal in movement education with infants is to help set a foundation that supports pathways of ease, strength, agility and adaptability and to help avoid restrictive patterns of movement that inhibit the development of the full potential of the child. In this training, participants will learn to:

- Observe how normal movement develops in infancy
- Identify and analyze normal movement patterns
- Facilitate normal movement development in a child
- Facilitate basic perception in relation to movement
- Work with infants developing within the normal range
- Educate parents about ways to facilitate normal development in their child
- Identify and analyze basic movement difficulties and to facilitate normal movement development
- Recognize problems in infants at risk for developing physical problems, learning disabilities, and emotional limitations
- Recognize indications for referral to an appropriate therapist.

Especially suited for people who already work in direct contact with infants and small children, this training program is also recommended to:

- Early childhood educators and day-care professionals
- Bodyworkers, massage and somatic practitioners or somatic education who wish to expand their skills so to include infants and parents in their practice
- Parents and caregivers
- Medical and other professionals interacting with children and caregivers, including occupational, physical, speech and auditory therapists, psychologists and social workers
- All those interested in exploring developmental movement, as dancers and movement educators, by deepening their understanding of movement through the evolutionary perspective of Body-Mind Centering®, as well as learning from observing babies and interacting with them.

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PROGRAM DESCRIPTION

All courses of the IDME program are accredited by The School for Body-Mind Centering® (SMBC®) and recognized by any BMC® licensed center in the world. The program includes the following courses:

Ontogenetic Development* – 5 days, 650€

Senses & Perception 1* – 4 days, 530€

Basic Neurocelular Patterns (BNP)* – 7 days, 890€

Primitive Reflexes, Righting Reactions & Equilibrium Responses (RRR)* – 6 days, 770€

Infant Developmental Movement Education 1** – 10 days, 1300€
(divided in 2 modules of 5 days each)

Infant Developmental Movement Education 2** – 10 days, 1300€
(divided in 2 modules of 5 days each)

Full cost of training: €5440. The prices of the courses have a discount of 50 euros if the full tuition is paid at least two months before the course's starting date.

Completion of all courses in the program and satisfactory requirements will lead to the certification of **Infant Developmental Movement Educator** issued by The School for Body-Mind Centering®.

* These are the same in-depth courses taken by students in the Body-Mind Centering® Somatic Movement Education certification program. They cover the experiential exploration of developmental movement.

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** These two courses on the application of developmental movement in working with infants can be attended only if the previous in-depth courses and their relative requirements have been completed.

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BASIC COURSES

Ontogenetic Development — 5 days, 35 contact hours

The period from intrauterine life through approximately 12 months of age is an extraordinarily formative time for humans. Our basic movement patterns emerge in utero, are present at birth, and develop through the first year of life. It is during this time that we build the groundwork for our movement and perceptual skills and pass through the milestones by which we mark our development.

This course will include:

- Developmental milestones including: fetal movement, nursing, head control, eye-hand coordination, rolling, circumduction, belly crawling, quadrupedal creeping, sitting, kneel-sitting, kneel-standing, half kneel-sitting, half kneel-standing, squatting, standing, cruising, walking.
- The sequence of development that allows the infant to progress through each and all skill levels during its development process.
- Patterns of movement that inhibit more integrated skills from developing.
- Facilitating integrated movement skills and inhibiting patterns which limit full development.

Senses & Perception 1 — 4 days, 28 contact hours

Our senses begin as potential and develop in response to stimulation and experience. The senses of touch and movement are located throughout the body -- in every cell. The senses of vision, hearing, taste and smell are located in the head. It is through our senses that we receive information from our internal environment (ourselves) and the external environment (others and the world).

How we filter, modify, distort, accept, reject, and use that information is part of the act of perceiving. Perception is a global experience. It is the psychophysical process of interpreting information based on past experience, present circumstances and future expectations.

When we choose to absorb information, we bond to that aspect of our environment. When we block out information, we defend against that aspect. Learning is the process by which we vary our responses to information based on the context of each situation.

This course will include:

- Exploration of the six senses (movement, touch, taste, smell, hearing and vision) and their significance from a developmental perspective.
- Analysis of the perceptual-response cycle as the process of perception.
- Bonding, defending and learning as psychophysical processes based on your perceptions.

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Basic Neurocelular Patterns (BNP) — 7 days, 49 contact hours

The Basic Neurocelular Patterns are the words of our movement. They are the building blocks for the phrases and sentences of our activities. They also establish a base for our perceptual relationships (including body image and spatial orientation) and for our learning and communication.

The BNP are one of the foundations of Body-Mind Centering® and their experiential study interweave with that of the body systems (explored in the Somatic Movement Education program). They have extensive applications in the areas of movement and psychophysical expression. Done in sequences, the BNP can also form the basis for a deep and ongoing personal movement practice.

This course will include:

- Exploration of the pre-vertebrate patterns: vibration, cellular, sponging, pulsation, mouthing, and pre-spinal.
- Exploration of the vertebrate patterns: spinal, homologous, homolateral, and contralateral.
- Distinguishing and integrating the actions of yield, push, reach and pull.
- Combinations of the vertebrate patterns that facilitate their integration.
- Facilitating developmental repatterning in oneself and others.

Primitive Reflexes, Righting Reactions and Equilibrium Responses (RRR) — 6 days, 42 contact hours

If the Basic Neurocelular Patterns are the words, the Primitive Reflexes, Righting Reactions and Equilibrium Responses are the fundamental elements, the alphabet, of our movement. Underneath all successful, effortless movement are integrated reflexes, righting reactions and equilibrium responses.

The reflexes are the most primitive patterns that occur in response to specific stimuli, and they establish basic survival patterns of function. The righting reactions are important in establishing a vertical or upright posture against gravity and a continuous head-torso axis. The equilibrium responses are patterns which maintain balance of the whole body in the dynamic relationship between the shifting of one's center of gravity through space and one's base of support.

This course will include:

- Fundamental building blocks of human movement (the alphabet of movement).
- Postural tone and physiological flexion and extension.
- Differentiating the RRR in relation to the three planes of movement (horizontal, vertical, sagittal).
- The roles of the RRR in readiness for relating, relating to earth and heaven, gathering and reaching, taking hold and letting go, weight bearing, rolling, vertical uprightness, locomotion and equilibrium.

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APPLICATION COURSES

IDME 1A — 5 days, 35 contact hours

- Developmental assessment of children from birth to 12 months.
- Applications of developmental movement repatterning in working with infants.
- Safe and appropriate handling of infants.

IDME 1B — 5 days, 35 contact hours

- Educational play and toys.
- Professional issues in working with infants, parents and caregivers.
- Indications, contraindications, scope of practice and referrals.

IDME 2A — 5 days, 35 contact hours

- Developmental assessment and movement repatterning skills in working with infants in relation to their parents, caregivers and other family members.
- Developmental assessment and movement repatterning skills in working with infants in relation to daily activities and environment.
- Educational activities.

IDME 2B — 5 days, 35 contact hours

- Professional issues in working with infants, parents and caregivers.
- Professional issues in working as an Infant Developmental Movement Educator®.

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FACULTY

The Director of the Spanish IDME Program is Patricia Gracia.

The faculty will be selected guaranteeing diversity in teaching styles and maximum professionalism. The team of teachers will be made up of Certified IDME Teachers with extensive teaching experience both in certified programs and in the professional field of child care and education.

The courses will be taught in English and Spanish, with translation to both languages.

CERTIFICATION REQUIREMENTS AND HOMEWORK

To become certified as an Infant Developmental Movement Educator, participants must meet the following requirements:

1. Completion of the 6 courses of the program
2. Satisfactory evaluation by faculty
3. Satisfactory completion of homework and required sessions
4. Payment of all fees

Homework includes:

- Study sessions about the material studied during the courses and relative reports
- Individual guidance by a BMC® Practitioner or Teacher, about the embodiment of the material and understanding of principles and techniques
- Observation sessions of infants and relative reports
- Interactive/play sessions with infants
- Supervision sessions done with a BMC® Practitioner or Teacher

Upon enrollment, participants are provided with complete information and guidelines about homework.

ADDITIONAL INFORMATION

Course Schedule

Each course day consists of 7 class hours, not including breaks: from 9:00 until 13:30 and from 15:30 until 18:45. Lunch break is of 2 hours. The second last day will be a little longer into the evening, so that we can finish at around 14:00 on the last day. Please, check this for each course individually if needed for your departure.

The schedule can slightly vary depending on the course, the season and other factors. In some days, there could be some extra activities, usually optional.

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