



Greetings,

Thank you for your participation in the Brain and Sensory Foundations® program!

Course assignments are required to receive a certificate of completion and/or CEUs for the Brain and Sensory Foundations, First Level course. Course Assignments are optional if you do not wish to earn a course certificate and/or CEUs.

We offer CEUs via national (USA) and international approval agencies. Go to [this link](https://moveplaythrive.com/courses/primitive-reflex-integration-first-level#ceu) for more information: <https://moveplaythrive.com/courses/primitive-reflex-integration-first-level#ceu>

Students are responsible to make sure the Brain and Sensory Foundations, First Level course meets the approval of their licensing boards. If you have CE questions, email to: support@moveplaythrive.com

Requirements for Certificate of Completion and/or Continuing Education (CEUs)

Read the steps numbered below to understand requirements to earn a certificate of completion and/or CEUs for the Brain and Sensory Foundations, First Level (Part 1) course. You must **FOLLOW ASSIGNMENT and SUBMISSION INSTRUCTIONS EXACTLY** so that your work is received, recorded, and easily retrievable by your instructor. ***Assignments must include all of the required elements outlined below. Incomplete or mislabeled assignments will be returned for revision. Avoid delays by following the directions here.*** Plan ahead and leave 4-8 weeks for instructor review; a fee applies for expedited review.

1. Read course manual and required handouts as indicated for each course section.
2. Attend or view all sessions for the full duration of the training.
3. Actively practice the movements for yourself and record your experience in brief journal entries to be submitted in MS Word format to Sonia Story via email at support@moveplaythrive.com (see Submission Instructions). Journal entries are evaluated by Instructor and/or Instructor designee and feedback is sent to Learner as confirmation of satisfactory completion. **Note: It is best to do journal entries directly after you practice the movements from each session. Journal entries are turned in at the end of the course with case studies in one document. See detailed instructions for journal entries below.**
4. Show competency in practical application through two written case studies to be submitted in MS Word format to Sonia Story via email at support@moveplaythrive.com (see Submission Instructions). Case studies are evaluated by the Instructor, and/or Instructor designee, and feedback is sent to Learner as confirmation of satisfactory completion. Case studies may be shared in part or whole by Sonia Story or agents of Move Play Thrive, unless otherwise instructed by author of case study. **See detailed instructions for case studies below.**
5. Complete an online end-of-course evaluation survey.
6. Complete a multiple-choice exam with a score of 75% or higher.

Instructions for Journal Entries

1. Write a brief 2-4 sentence journal entry after each session about your own experience with the movements *in your own body*, and any challenges or changes you noticed during or after doing the movements. For journal entries, notice and write briefly about what you felt from each session. **Journal entries are brief and are NOT about your work with others. They are not about what you think. Rather, write about what you feel and notice, i.e., your internal sensations and experiences with the movements.** If you do not write journal entries about your own internal, felt experiences with the movements, your assignments will be returned to you for resubmission and there will be delays in processing your certificate.

- Session 1: What was your experience with the Brain Tune up and with the Rhythmic movements 1, 2a, 2b, 3 and 4?
- Session 2: Write about your experience with TLR activities, assessment, and integration.
- Session 3: What was your experience with ATNR and STNR activities, assessment, and integration?
- Session 4: Write about your experience with Hand and Feet reflexes, assessment, and integration activities.
- Session 5: What was your experience with assessment and integration activities for FPR?
- Session 6: What was your experience with assessment and integration activities for Moro reflex?
- Session 7: Write about your experience with Spinal Galant and Headrighting reflexes, assessment, and integration activities.
- Session 8: There are many review activities in this session, what was your experience with anything new that you learned, or with something else you re-visited.

2. Journal entries must be typed into a Microsoft Word document and labeled 1-8, one for each session.
3. Send the Journal Entries via email to Sonia Story at support@moveplaythrive.com along with your Case Studies in the *same single document*, using the submission directions below.

Instructions for Case Studies

1. Two case studies are required documenting your practice facilitating tools from the course with a partner, child, or client over the course of at least 4 separate sessions. If you like, one of the case studies can be a Self-case study where you are your own “client”. **Use only first names or fictional names for your clients and do not give any specific identifying information about them.**
2. The purpose of the case studies is **not** to reiterate step-by step what you did with the client, but rather **why** you chose particular movements to help your client. Also important are what changes you made based on your client’s responses and **what you or others noticed** as far as **‘before and after’ changes in the client** and **what you learned** from this experience.

Case Studies must include all of the following elements:

- A. A brief description of your client’s challenges and goals; include the client’s age.
- B. What tools from this course you chose to do with the client and why.
- C. How your client responded and/or what you noticed as far as any changes in your client either during or after the sessions. Were any of the client’s challenges alleviated?
- D. What you learned from working with the client.
- E. Include the total length of time and number of sessions you worked with the individual using these tools.
- F. **At least one case study must also include the planning, execution, and results of the 5-Step Balance Process.** Doing a 5-Step Balance Process, from Sessions 5 & 6, is an easy way to create noticeable results in a short period of time for most individuals. Here is what to include in the 5-Step Balance Process description:
 - What is your client’s goal statement?
 - How did your client act out the goal?
 - What movements did you choose for the integration step and why?
 - What were the results?

For more information about how to facilitate a 5-Step Balance, read Chapter 9 in your course manual.

About the 5-Step Balance with Young Children

You can do the 5-Step Balance process with younger children, just simplify it and have fun—it is very powerful. Read the article here by Suzy Campbell, OT for tips on fun ways to create goals with children for the 5-Step Balance.

https://www.moveplaythrive.com/images/pdf/CREATING_GOALS_WITHCHILDREN.pdf

For young children, you can skip the Support Repatterning Sequence, or do the limb movements passively for them while they are supine.

3. **Double check your work.** If you do not include all of the elements for each case study, your assignments will be returned to you for resubmission and there will be delays in processing your certificate.

Submission Instructions: Follow these instructions EXACTLY for Written Assignments

On or before the course end date, your Journal Entries along with Case Studies must be submitted in one document.

When you have completed the course and/or before course end date, send ONE single MS Word (or plain text) document containing BOTH the Journal Entries and Case Studies via email to: support@moveplaythrive.com

You must submit your single Microsoft Word (or plain text) document as an attachment to an email.

Please do not submit your assignments document via a shared Google link. If you are working from a Google drive, save your file as a Microsoft Word doc and submit via email using the instructions below.

All pages on the assignments document (journal entries plus case studies together) must be numbered and must include your name and email address in the header. Please use only the name and email address that you used to register for the course. If you have a name change or email change, contact us prior to submission at: support@moveplaythrive.com

IMPORTANT: There are 3 specific LABELING requirements that must be followed in order for us to track your assignments:

- 1. Email Subject Heading:** Write [OBSF_Assignments_YOUR NAME] in the subject heading of your email.
- 2. Document File Name:** Save your Assignment document using this format for the file: OBSF_Assignments_YOUR NAME.
- 3. Document Header:** Put [OBSF_Assignments_YOUR NAME_Your EMAIL ADDRESS] on each page of document.

In order to give each assignment proper attention, we ask that you allow at least 4-8 weeks to receive feedback and a course certificate. A fee is applied for expedited review of written assignments and certificate. An expedite request must be made at least one week prior to the date that a certificate is issued. To purchase an expedited review of your course assignments go to: <https://moveplaythrive.thrivecart.com/bsf-expedite-fee/>

Evaluation and Open Book Exam

For more information on the course evaluation and exam go to Session 8 of the course online at brainandsensoryfoundations.com

Students planning to earn CEUs for this course are responsible to verify whether this course meets the requirements of their licensing boards.

For questions contact: support@moveplaythrive.com or call 360-732-4356.

Best wishes and enjoy your Brain and Sensory Foundations tools!