



Body in Mind Therapies

Massage and Movement Centre

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What is an “Intensive”?

For optimal results for your child, clusters of lessons called intensives are recommended. During this intensive program you or your child will receive 2 movement lessons a day, given over 5 consecutive days. Some families choose to enroll their children for more than one week at a time.

The intensives are repeated within 3-6 weeks, depending on your child’s situation. As your child’s abilities progress, the frequency of the intensives can be adjusted. Once the child is greatly improved, he or she needn’t come back, except for an occasional “tune up” or when there is a new challenge. Our team will be able to make future recommendations at the end of the program.

Between intensives, especially in the beginning, we often suggest 1-2 lessons a week. Whenever possible, we give parents suggestions for what they can do with their child, on their own, in their daily life.

How We Work with Your Child

The practitioner of this method uses gentle, innovative movements and techniques to help the brain of the special needs child, as well as typically developing children and adults, form new neural connections and patterns that take them beyond their current limitations.

While it is an ongoing process, you can expect to see some changes within the first few lessons. Changes can be very subtle, and at times quite dramatic.

With the Anat Baniel Method, we will not try to make your child do what he or she can’t. Instead, we always work with the child where he or she is, at the present time. When children are unable to roll over to their belly, come up to a sitting position, crawl, or stand on their own, we will avoid trying to have them be in these positions until they have figured out how to do it themselves, with no help or minimal help, and make sure that it is their intention to do it.

This NeuroMovement approach is very gentle, helping the child’s brain to self-organize and develop what it needs to move to their next level of performance. The movements and techniques help your child’s brain wake up and organize his or her own intentionality and awareness of themselves and the world around them.

With typically developing children, we observe to see if there are areas of movement, cognition, emotion, and interpersonal relations where their brain could benefit from increased differentiation, leading to increased skill in that area.

Why Should I Do a Team Based Intensive?

A team based approach can be very powerful for your progress. It provides you with up to 3 practitioners working with you during the week. Each practitioner brings something different to the table and during the week we will be discussing each participant and how best to work with them.

Should We Stop Other Therapies?

If your child is currently receiving physical, occupational or speech therapy, we recommend taking a break from these appointments during the intensive, for 1-week prior to and for 1 week after the intensive. This will allow for easier integration for the child and also make it easier for you to assess their improvements.

Who May Come?

Anyone is welcome to observe lessons with your child should you so desire. Feel free to bring your spouse, parents, etc. But be aware that more people can be a distraction for your child. Focus and bonding between your practitioner and your child are an important part of lessons.

If you bring other children that need supervision, please have another adult accompany you to monitor them during the lesson.

What to Bring?

Dress your child in comfortable clothing that they can move freely in. Bring anything that will help your child to feel comfortable and secure such as toys, books, and bottles. We will have some toys available, but if your child has a favorite, bring it along. Also, if your child uses a bottle, it would be helpful to bring an extra to the lesson. Actually, many children become extremely hungry (even if they have already eaten recently) during these lessons. Please make sure you have food/drinks that the children can take if they become hungry. Most parents sit next to their child during the lesson. Our goal is for your child to have an enjoyable learning experience.

Your Child's Time

The lesson will be about 30-45 minutes in duration. We may take pauses, or breaks during the lesson for food, toileting, or other behavior that arises requiring rests.

What to Expect After a Lesson(s)

After experiencing this work many children need extra rest and food. Making changes in your nervous system is the hardest work you can do! We encourage you to watch for small things that may demonstrate what your child has learned.

They may exhibit better problem solving skills and independence in a variety of areas. They may hold their head differently, speak more easily, be more calm, breath more comfortably, have less spasticity, sleep better, have better meal-times, initiate movement & movement transitions more easily, be more alert and aware of their surroundings, or walk/sit/stand more easily. There are many other possibilities as well – it is important to be aware and notice the differences.

Any Change Is Important and Miraculous

As parents watch the lessons they often become astute observers and begin to understand that any change, “small” or “big,” is important and is miraculous. All children develop through a multitude of “small” changes—changes in their brains and in their brains’ ability to successfully manage their bodies and minds. Children with special needs are no different. They, too, need to go through a multitude of “small” changes to reach the transformations that are easier to recognize, such as walking, talking, etc.

The severity of a child’s condition, the age we begin working with the child, what kind of interventions the child experienced before coming to us, and the habits of learning he or she has developed during that time, will all influence the specific outcomes he or she will get from working with us. It will also dictate what frequency of lessons they need and over what span of time.

Family Time Management During Intensives

Our recommendation is to reduce your activity during intensives, rather than increase it. There’s a tendency for parents to over schedule activities during intensives in a desire to make this time feel special for their children. Increased activity at this time may interfere with your child’s learning.

Please Be On Time

Please arrive 10-15 minutes early.

Weather & traffic are always a factor in travel outside the home. Make time for the bathroom and waking from naptime prior to your child’s lessons. Out of courtesy, please call or text if you have a delay. Please refer to our Policies Sheet for further information on our cancellation policies.