

Primitive Reflexes & Primitive Reflex Therapy



What are
Primitive
Reflexes?

We are all born with primitive reflexes that are meant to 'do their job' then go away (integrate). If this is not the case they can



What is the
purpose of
Primitive
Reflexes?

Our Primitive Reflexes generate specific movements as we are developing through our first months of life. The

act as a barrier to emotional maturity and emotional regulation, learning at school or in special education, sensory processing, physical development / coordination.

We have many Primitive Reflexes which affect

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movements generate and then strengthen pathways in the brain so that we can process sensory input. So, if we haven't made enough of these specific movements, then the reflexes remain and the pathways in the brain are not developed

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What is
Primitive
Reflex
Therapy?



Who can
Primitive
Reflex Therapy
help?

Primitive Reflex
Therapy with
Rhythmic Movement
Training or RMTi
uses small rhythmic
movements which
strengthen
connections in the
brain resulting in
everyday tasks
becoming easier
leading to a happier
home, school or work
life.

Everyone! But we
see particularly big
changes from
Primitive Reflex
Integration in
individuals living with
problems with
emotional regulation
including Anxiety and
Anger, also Autism,
ADHD, Dyspraxia,
Dyslexia,
Parkinson's, and
general difficulties
with reading &
writing. Get in touch
to find out how brain
& body boost can
help with Primitive
Reflex Therapy.

**GET IN
TOUCH**



What are Primitive Reflexes?

Check out this short video about Primitive Reflexes and how they affect us and how Primitive Reflex Therapy can help

What are Primitive Reflexes?





Purpose & Impact of Primitive Reflexes How RMTI works

Check out this short video about Primitive
Reflex Integration to learn more

Purpose & Impact of Primitive Reflexes & RMT intro



Does this sound familiar?



Children

Your child cannot concentrate / focus / maintain attention and struggles with learning, managing their emotions with school work often resulting in emotional outbursts?



Adults

You struggle with anxiety, insecurity, shyness, lack of self confidence and you suffer with imposter syndrome?

You constantly talk yourself out of social events, going for a



Signs of retained Primitive Reflexes

Hands up if these signs sound familiar?

Low tolerance to stress or constant state of inner stress / shy /

withdrawn / insecure / anxious

Difficulty interacting with peers at school / teachers / boss

Poor sleep routine

Difficulties sitting still

Poor handwriting / spelling / excessive writing pressure

Difficulties with maths

Tense muscles especially in the legs: toe walking

Bed-wetting post age of 5

Problems learning to hop

Problems with physical coordination

Problems learning to do breast stroke / ride a bike

Difficulties with ball games / poor hand eye coordination

Difficulty holding head up / tense shoulder muscles

W sitting

Primitive Reflex Therapy

Primitive Reflex Therapy: Rhythmic Movement Training

Why Rhythmic
Movement
Training?

Our Primitive
Reflexes generate
specific movements
as we are developing
through our first
months of life. The
movements generate

What is
Rhythmic
Movement
Training?

Rhythmic Movement
Training or RMTi
replicates the
movements that
babies and infants
make as they are
developing, using

Who can
Rhythmic
Movement
Training help?

RMTi or Rhythmic
Movement Training
can help everyone!
But we see
particularly big
changes with Reflex
Integration in

and then strengthen pathways in the brain so that we can process sensory input successfully. So, if we haven't made enough of these specific movements, then the reflexes remain and the pathways in the brain are

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small rhythmic movements - to fill any gaps in movement and therefore strengthen the connections in the brain. Strong connections in the brain will lead to Reflex Integration, because the Reflex is no longer needed.

Res

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individuals living with problems with emotional regulation including Anxiety and Anger, also Autism, ADHD, Dyspraxia, Dyslexia, Parkinson's, and general difficulties with reading & writing. Get in touch to find out how brain & body boost can help.

**GET IN
TOUCH**

Free 15 minute phone consultations with an RMTi Instructor..

...a great way
to find out
more about
Primitive
Reflexes &
Rhythmic
Movement
Training /
Primitive
Reflex Therapy
and how brain
& body boost
can help life,
learning &
work easier

One to One Services

Initial Consultation

At brain & body boost in Huddersfield, I offer an initial consultation, which lasts around 1 hour 30 mins, in a quiet and private therapy room at my home in Slaithwaite. This includes information about Primitive Reflexes & Primitive Reflex Integration / Primitive Reflex Therapy with RMTi and some simple assessments to identify retained primitive reflexes (clients to complete a questionnaire prior to the appointment). Towards the end of the session I show clients some RMTi Primitive Reflex Therapy movements to practice at home before our next consultation. The movements should be done daily (ideally) and the Primitive Reflex Therapy should take no more than a few minutes to start with to begin with.

Follow Up Consultations

In the follow up Primitive Reflex Therapy appointments, we catch up on any changes since we last met and any benefits from the movements and then review the movements given in the last session. We then look at some additional movements to work on Primitive Reflex Integration and any other useful strategies and tools. The follow up consultations lasts around 1 hour.

Growth Work & Report

After each consultation I will provide a Growth Work summary (Primitive Reflex Therapy movements to practice at home) as a reminder of the movements we have done in the consultation. After the initial consultation, I can provide a full report detailing my findings from the assessment for an additional cost - some clients find this useful to share with school

to help explain the impact of
Primitive Reflexes and benefits of
Primitive Reflex Integration.

New! Brain & Body Calm Academy

Does your child suffer with anxiety
or anger (or both?)

the nervous system.

A drug free solution to make lasting
change to help your child feel less
anxious or angry for a more
harmonious home!

FIND OUT MORE

Testimonials

6 year old girl
with Anxiety

6 year old boy
with suspected
PTSD

4 year old boy
with Autism &
Dyspraxia

"I can't quite believe

"It was extremely

Recently she has been complaining that her room isn't dark enough to go to sleep at bedtime - she has always slept with the light on, even a nightlight wasn't bright enough for her as she was terrified of the dark and monsters. She is now happy to pop up to her bedroom by herself during the day which again, is something she has been too scared to do before."

44 year old
lady with
suspected
PTSD / SPD

started to be more socially aware, and gradually we are seeing his focus and concentration improve. It is not a quick fix by any means but the exercises themselves have become a very bonding and lovely part of our day. We don't always manage to do them as sometimes it is hard to even find the 15-20 minutes needed but there are measurable positives when we do. I feel like they would benefit so many people!"

76 year old
man with
Parkinson's

given us."

29 year old
man with
Anxiety &
Dyslexia

shouting (the shouting drowned out the other noise!). Since completing the 5 day Safe & Sound Protocol, I have noticed significant improvements in my oversensitivity to sound and my response has moved away from anger, but I am also so much more sociable and able to do 'small talk'"

drugs]. My eyesight problems [ataxia of eyelids] have been alleviated. I still have bad days and better ones, but on the whole I feel better."

Also I like the concept Kate allowed me to choose phrases to repeat to myself for self belief which gives me positivity to push myself.

Primitive Reflexes & Primitive Reflex Therapy

Articles about Primitive Reflexes, RMTi, the Safe & Sound Protocol and more....

Photo Gallery

**Bookin
gs**

[GET DIRECTIONS](#)

e-mail or phone
to book

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co.uk](mailto:kate@brainbodyboost.co.uk)

07823538789

brain & body
boost

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Huddersfield, HD7
5BY, United Kingdom

07823 538789

Hours

Today [By Appointment](#) ✓

**DROP US A
LINE!**

Primitive Reflex Therapy

Resources

Websites

HOME OF RMTI RHYTHMIC
MOVEMENT TRAINING

Videos

WATCH BRAIN & SENSORY
FOUNDATIONS VIDEO SHOWING
BENEFITS OF RHYTHMIC MOVEMENT
THERAPY

Contact

Get in Touch

What are your concerns/Reason for getting in touch?*

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Sign up for our email list for useful information

SEND MESSAGE

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How can I help?

Get in touch if you would like to find out more about Primitive Reflexes / Primitive Reflex Therapy / Primitive Reflex Integration / RMTI / Rhythmic Movement Training, Safe & Sound Protocol or Brain Gym® - or book in for a free phone consultation, open to parents, schools, and special education establishments - a great way to find out more!

brain & body boost

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Emotional Reflexes

Fear Paralysis & Moro

are the reflexes
important for our
emotional regulation.

Fear Paralysis
emerges at only 5
weeks in utero as is
already doing it's job.

Fear Paralysis
transforms into Moro
(the baby startle
reflex). If Fear
Paralysis does not
integrate, Moro will
often struggle to
integrate, so they both
often go hand in hand.

If these primitive
reflexes stick around
longer than intended,
then we can find
emotional regulation
difficult - anxiety, low
self esteem, insecurity,
shyness and anger
can be a problem, and
we can be
oversensitive to
sound, light, taste,
touch and smell.

However, if Fear
Paralysis and Moro
Reflex do not
integrate, then often
the rest of our reflexes
can struggle to
integrate too.

Causes of retained reflexes

Before Birth

The movements
baby makes during
pregnancy are

During Birth

Our primitive reflexes
are involved in our
birthing process.

After Birth

After birth, the
movement of babies
is often restricted by

important for the emotional reflexes to integrate. Mother's nutrition, drug / alcohol use, and emotional stress can impact the movements baby makes during pregnancy - fewer movements can lead to a retained Fear Paralysis and subsequently Moro reflexes which are important for sensory processing and emotional maturity.

Birth interventions are obviously needed in order to keep Mum and baby safe, however interventions such as C Sections and Forceps can lead to retained primitive reflexes because the reflex has not had the opportunity to fulfil it's role in the birthing process and therefore can remain active.

equipment used on a day to day basis. These days we often use supportive seats, walkers, jumpers and capsule car seats to contain whilst out in public. The equipment can often be putting baby in a position it is not yet physically ready for but also stopping baby from making the natural movements which integrate the reflexes.

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