



Neurodevelopmental Therapy

What is Neurodevelopmental Therapy (NDT)?

Neurodevelopmental Therapy is a simple, drug-free movement and sensory stimulation program. It is also known as Primitive Reflex Integration and is based on neuroplasticity- the brain's ability to mature and reorganise, given the right stimulation.

Who is it for?

This therapy benefits children who have [retained primitive reflexes](#) and sensory immaturity/dysfunction. We have found that children who are 4 years and older can best participate in NDT but we do work with some younger children who are not meeting their milestones.

Some signs of retained reflexes are;

- Any diagnosis (ADHD, Autism, Dyslexia, Dyspraxia, ODD, OCD)
- Attention and focus issues
- Balance and coordination problems
- Bed-wetting

- Behaviour concerns
- Clumsiness
- Delayed milestones
- Learning difficulties
- Low confidence and self-esteem
- Motion sickness
- Poor listening skills
- Poor organisation skills
- Problems with fine motor and gross motor skills
- Sensory sensitivities and processing disorders
- Sleep disturbance
- Slow processing of information
- Speech delay and articulation issues
- Trouble sitting still and controlling impulses



"If our body is not sufficiently developed and integrated- instead of supporting learning and functioning, it will get in the way."

What are the benefits?

NDT helps children overcome academic, sensory, emotional, behavioural or physical challenges.

It matures the child's central nervous system by inhibiting any [retained primitive reflexes](#), strengthening underdeveloped postural reflexes, developing communication between the senses and between the two hemispheres of the brain. NDT gives a child's body and brain more time to organise and build stronger neural pathways. It ensures the foundations in the brain are stable and ready to support higher order functions like learning, memory and emotional regulation.



There is some **40+ years of research** investigating the physical factors that underly learning and behavioural problems. Much of this research has been presented by Peter Blythe, Sally Goddard Blythe, Dr Robert Melillo, Dr Harald Blomberg and Moira Dempsey.

Check out some of the [books and research](#) in this field.

Do this therapy online

Do this therapy face-to-face

Please note- NDT program fees are not currently claimable on Medicare or private health insurance. They may be covered by your NDIS funding though.



HELPING CHILDREN REACH THEIR FULLEST POTENTIAL

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