

Me Moves™

Connect Calm Safe



From Me to We

Positive, safe social connections develop through shared synchronicity that comes from facial expressions, eye contact, attunement, activating mirror neurons, and moving rhythmically with others. When synchrony is surreptitiously produced in experimental situations it breeds feelings of 'liking' another person and one's self, cooperation, and compassion, as well as success in collaborative action. Studies show that more synchronized movement was associated with better relationship quality and better interactional outcomes. The quality of a relationship is thus embodied by the synchronized movement patterns emerging between partners. (Ramseyer, 2013) Further more, synchronized gestures also reflect and trigger the release of oxytocin, a hormone essential for bonding and secure, safe attachments. (Uvnas-Moberg, 2003)

V.S. Ramachandran is Director of the Center for Brain and Cognition and Distinguished Professor with the Psychology Department and Neurosciences Program at the University of California, San Diego, and Adjunct Professor of Biology at the Salk Institute. In his book, "The Tell-Tale Brain: A Neuroscientist's Quest for What Makes Us Human," he writes, "One final option for reviving dormant mirror neurons in autism might be to take advantage of the great delight that all humans take in dancing to a rhythm. Although such dance therapy using rhythmic music has been tried with autistic children, no attempt has been made to directly tap into the known properties of the mirror-neuron system. One way to do this might be, for example, to have several model dancers moving simultaneously to rhythm and having the child mime the same dance in synchrony."

Ramachandran might be describing MeMoves™: A compelling sensorimotor program, providing audiovisual synchrony in a delightful and engaging format.