priohealth
creators of MeMoves and LifeMoves

MeMoves Seminar

In today's learning environment teachers must do much more than simply teach. Students face multiple challenges (trauma, autism, ADHD, emotional challenges, and over-stimulation play an outsized role in children's lives) and the need for a universally effective, self-regulation program that is easy to implement is more important than ever.

The MeMoves Seminar provides therapists, specialists, administrators, healthcare professionals and parents with a foundation for understanding the factors that affect our children's behavior, as well as strategies/tools for self-regulation - allowing our children to navigate their world more effectively, whatever their unique challenges may be.

About the MeMoves Seminar

Chris Bye and Roberta Scherf (creators of MeMoves/MoreMeMoves) will examine the program from several different perspectives, addressing its use in multiple settings with a variety of populations, and take an in-depth look at each component as they explain how it works. They will also provide supporting research and theories from various disciplines. Using "real world" examples, research findings, videos, and testimonials from a variety of professionals, this engaging Seminar encourages questions and participation from all attendees.

MeMoves Seminar Synopsis

In order to learn new things and navigate our way socially through the world our nervous system must be calm and alert. That only happens when we feel safe and connected with other people. MeMoves/MoreMeMoves activates the Parasympathetic Nervous System, resulting in a calm and attentive state, in part because it provides **safety** and **affiliation** for the user.

MeMoves/MoreMeMoves are both based on our patented system for self-regulation and emotional intelligence that uses an innovative combination of music, patterns, movement, and the expressive features of emotion to fully engage the user. This easy to use interactive system (used in 5000 school districts and even more homes and clinics worldwide) has been widely praised by therapists, educators, parents, and researchers. It has proven immensely effective in helping people of ALL abilities, especially those with ASD, EBD, PTSD, anxiety/ depression, attention, and other neurological challenges.

Specifically, the presenters will explain the polyvagal theory, and each attendee will understand the critical role it plays in our physiological responses to stress, as well as the mechanisms for building/strengthening emotional resilience. In addition, childhood trauma and ACES (Adverse Childhood Experience Score) will be discussed, with a focus on understanding biological embedding, and how to break the cycle of trauma-induced behavior patterns.

Finally, the role of separation/socialization in learning and behavior through the dorsal anterior cingulate cortex (dACC), as well as, the importance of imitation through the 'brain wide mirroring system,' will be addressed.

Utilizing case studies, cutting edge research, recent developments in neurophysiology, and examples of MeMoves/MoreMeMoves' use within multiple schools and clinics, this interactive presentation will provide best practices and techniques for implementing MeMoves/MoreMeMoves, as well as understanding how and why it works so well for a variety of populations in multiple settings.

Course Outline

1. MeMoves origins: "where it all started"

2. Description (with multiple examples) of the varied applications and benefits of MeMoves
    a. Multiple video case studies and perspectives from a variety of professionals (MD's, PT's, OT's, Specialists, etc)

3. Review the Autonomic Neural System (ANS), and the behavioral/physiological outcomes related to the sympathetic and parasympathetic states.

4. Discuss MeMoves research outcomes in school settings.

5. Overview of the neurological framework as it relates to MeMoves' physiological mechanisms within the nervous system. Specifically addressing their relationship to the Polyvagal Theory, stress response and movement.

6. Provide ACES (Adverse Childhood Experience Score) framework, and data supporting the significant effects of trauma throughout the lifespan.
    a. Address the concept of "biological embedding" as the mechanism linking trauma and physiology.
    b. Discuss the connection between trauma and telomeres/epigenetics.
    c. Illustrate techniques to mitigate the effects of childhood trauma.

7. Understanding the dACC (dorsal anterior cingulate cortex) and the physical pain of social rejection.

8. History of Mirror Neurons; their important role in understanding behavior, and utilizing mirror neuron's to address those with ASD.

9. Living in a "synchronized" world – recent research addressing the concept of "Audiovisual Synchrony", and its unique role in understanding and assessing ASD.

10. Music - The Language of the Central Nervous System
    a. Discuss the role of music / emotions.
    b. Understand the role of rhythmicity as a basis for all learning.

11. Not all Movement is created equal!
    a. From "Me to We", the value of coordinated movement (or the perception of shared movement)

12. People, faces, eye contact – the foundation for safety and affiliation.

13. Detailed protocols with "best practices" for implementing MeMoves in a variety of settings. Also, address ways to use MeMoves incorrectly.

14. Wrap up – Final Videos and Discussion

MeMoves Seminar Learning Objectives

1. Understand the importance that a calm nervous system and body have on learning and social interaction.

Content

o Discuss the Autonomic Nervous System (ANS) and its role in behavior.

o Highlight current research/ case studies supporting physiology v. behavior

o Initiate discussion on long term/ short-term effects of "melt downs" and techniques to strengthen emotional resiliency.

o Lead previous topics into the discussion on physiological mechanisms allowing for parasympathetic activation, and the overall themes of Safety and Affiliation.

Teaching Methods

o Classroom Case Studies o Supportive Research
o Video Supplements
o Supplemental Handouts

2. Have a basic understanding of the Polyvagal Theory, ACES (Adverse Childhood Experience Scores), the role of the dACC, Mirror Neurons and Audiovisual Synchrony as they apply to current behavior challenges and their unique roles in behavioral change.

Content

o Review structures of the brain with specific attention to those involving parasympathetic response.

o Connect the polyvagal theory to existing framework(s) for self-regulation, co- regulation, behavior and physiology.

o Provide basic tenets of Porges' "Polyvagal Theory", and illustrate its relationship to stress response and recovery.

o Illustrate the physiological response to stress relative to the Ventral Vagal, Sympathetic and Dorsal Vagal systems.

o Review the components of ACE scores, and the relationship between ACE scores and physical and physiological challenges throughout the lifespan.

o Illustrate how the dACC processes social pain similar to physical pain, and connect the effects of social pain (high ACE scores) to lifelong social/emotional challenges.

o Relate the recent history of Mirror Neurons, and their role in allowing social connection, safety and primary communication.

o Highlight Ami Klin's findings on Audiovisual Synchrony, and how it relates to understanding MeMoves' role in addressing the unique challenges of those with ASD.

Teaching Methods

o Research reviews
o Multiple case studies
o Video examples and Graphic illustrations.
o Extensive discussion among attendees and leaders.

3. Apply MeMoves in home, school and clinic settings using Best Practices.

Content

o Examine/ illustrate primary components of MeMoves (music, movement, images), and the existing research that supports the inclusion of each.

o Demonstrate the importance of Rhythmicity, vocal prosidy, perceived collaborative movement, and the significant benefits of eye contacts and the expressive features of emotion.

o Provide examples (video) of MeMoves' application in a variety of settings to illustrate specific benefits/applications.

o Utilize multiple examples of MeMoves' use in multiple settings.

Teaching Methods

o Cumulative research history
o Supplemental content from outside practitioners o Classroom examples with video
o Supplemental Handouts