

Making Connections – BMC® and Special Needs

A series of 10 online meetings for Parents, Therapists, Educators and other Professionals
March to June 2021 with Anka Sedlačková and Thomas Greil



Families of children with fragilities face many challenges, in general and on a day-to-day basis. Making connections means to support the progress of the child, the care of the parents and caregivers for the child as well as the care for themselves, supporting a wide range of learning processes, from micromovements to locomotion in space, from neuro-muscular organization to talking, getting up and walking. It combines a structural approach working with the different body system (like organs or fascia) with sensory integration and functional alignment of the neuro-muscular system.

Body-Mind Centering® approach is gentle, non-intrusive, and enticing rather than demanding. It is highly specific to the individual child. BMC® does not force, but engages, interacts and seeks to spark the child's inherent curiosity and interest. BMC® supports self-directed learning, stimulating, independent of the abilities of the child, the process of discovery. It always looks at the whole person and fully embraces the process of each child and their caregivers, parents and family.

Making connections® addresses children, parents, educators and therapists with the idea that changes need to happen in the whole system, rather than in one part. And that only by cooperation these changes can be permanent. The 10 meetings give an understanding of the BMC® approach working with children with special needs and lead participants in experiences to explore their bodies in movement and touch, with concrete applications what parents can do to support the child in everyday activities, practical things to do between the meetings, and what practitioners can do to support the child's abilities. The meetings are open to everyone interested, especially to parents, educators, therapists, other professionals and somatic practitioners (BMC® and other). No previous experience is required.

Making Connections – BMC® and Special Needs - a series of 10 online meetings

Language: English (no translation)

Dates: March 12/13, 26/27 April 9/10 June 4/5, 18/19

Time: 4-7.30pm, 16.00-19.30 (Rome)

Recordings of the meetings will be available

Inscription is possible only for the whole series

Costs: 300 Euros for the whole series (Scholarships are available)

Places are limited

Registration: babyfit@babyfit.sk

There will be extra meetings for people who graduated from a BMC® Certification Program (SME, IDME) Wednesdays 10.3., 24.3. and 7.4. Times: 18-19.30

Making Connections – BMC® and Special Needs

A series of 10 online meetings



Children with special needs are masters of neural plasticity. Making connections means providing the brain with the right information to unfold potentials, to awake dormant abilities or to expand already existing skills. The key word is learning. New connections are created when we are able to engage the child and the family in a process of learning. Neural connections are increased by connecting to the living processes inside the body and facilitating connections to the world around. Effective learning, including "academic" learning, can happen if the basic learning processes are included, if relationship skills, movement and touch are working together.

Learning means making new connections between mental, emotional and physiological processes. The brain develops on the base of experience. The plasticity of the nervous system allows us to learn throughout life and make connections within ourselves and with others and the environment: within the realm of the self, gravity and space. This also includes the context, the family, society, schools and institutions, as well as the group of educators and therapists caring for a child with special needs. These connections create the foundation of all learning processes.

The first weeks and months of life lay the foundation for later learning, for how we perceive and act in the world. Understanding and experiencing the subtleties of typical development in the first year of life, also in your own body, provides the frame to facilitate developmental steps which have not yet been made. Through that we can support children, which are delayed in their development or need special attention, more effectively.

Learning objectives of the Meetings

- Exploring a dynamic approach working with children with special needs and their families
- Experiencing developmental steps and processes in one's own body
- Building experiences from bottom up to verticalization and movements on higher levels
- Bringing different levels for older children
- Working through play and enticement
- Facilitating in a non-intrusive way
- Facilitating with respect for the child and the family
- Using the senses to stimulate the child's curiosity and sense of discovery
- Enhancing the child's sense of self and agency, and relationship to others
- Getting an understanding how to transmit movement and touch principles
- Understanding of dormant potentials to facilitate development
- Understanding the importance of touch for development and change
- Understanding the meaning of care and being touched with care

Making Connections – BMC® and Special Needs

A series of 10 online meetings

« In order to effect change, we start at the beginning and build gradually, successively, and consciously to stimulate the development that occurs naturally when there are no restrictions. Then redirect and recreate the process of effortless learning through acceptance, desire, curiosity, comfort and love. » Bonnie Bainbridge Cohen



Body-Mind Centering® (BMC®) was developed by Bonnie Bainbridge Cohen, an occupational therapist and movement artis. BMC® explores the foundations of learning, the organization of movement and its development from pre-natal to walking. Each developmental step leads to the next. BMC® is a study from an embodied and experiential perspective, from everybody's own experience: Life, from conception to walking, from embryonic stages to adult anatomy and physiology. The principles of Body-Mind Centering have been brought into many fields of activities like dance, sports, acting, physical therapy, education, birth preparation, baby-parent groups, and many more. www.bodymindcentering.com

Anka Sedlačková is a dancer and performer, teaching in the Academy of Arts in Bratislava. She has been studying BMC® since 2000 and graduated as an Infant Development Movement Educator, BMC® Practitioner and BMC® Teacher. In 2003 she started to work with babies and children with special needs. Together with Angelika Kováčová founded non-profit organization Babyfit which is focusing on the education in the field of developmental movement. She has been teaching in France, Japan, Czech Republic. www.babyfit.sk

Thomas Greil is a practitioner and trainer of Body-Mind Centering®, especially for the work with babies, and a JKA practitioner. He works with all ages since more than 20 years. His interest in children with special needs and their families comes from his research of human development, neuroscience, healing trauma and embodiment. He lives in Faenza, Italy, where he directs together with Carla Bottiglieri minima somatica, a nucleus of somatic research in practices and narratives of embodiment. www.minimasomatica.org

Making Connections – BMC® and Special Needs

A series of 10 online meetings

Timetable

March 12, 2021	Development of the Senses
March 13, 2021	Touch and Movement
March 26, 2021	Gravity and Space
March 27, 2021	Weight and Balance
April 9, 2021	Primitive Reflexes
April 10, 2021	Righting and Equilibrium Responses
June 4, 2021	Tone and posture
June 5, 2021	The Autonomic Nervous System and co-regulation
June 18, 2021	Observation, facilitation, play
June 19, 2021	Supporting independence and agency of the child