

Our Mission

To promote joy of learning through rhythmic integrative movement and advocate for its recognition as the bedrock of learning.

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www.IN2GR8ED.com



Childhood Trauma: A Call for Screening

Excerpts from A House Committee on Education & Labor Hearing with California's First Surgeon General by Patricia Gaines, nbcnews.com

Dr. Nadine Burke-Harris, founder and CEO of the Center for Youth Wellness, and California's 1st Surgeon General, has an ambitious dream: to screen every student for childhood trauma before entering school. She champions a *'true intersection of health care and education—one that involves public education, routine screening to enable early detection and early intervention, and cross-sector coordinated care.'*

Adverse Childhood Experiences (ACEs). Burke-Harris has dedicated her career to changing the way society responds to childhood trauma, which research has shown affects brain development and creates lifelong health problems. ACEs, a 1998 landmark study by the CDC and Kaiser Permanente on youth trauma specified 10 categories of stressful or traumatic childhood events, including abuse, parental separation, divorce, or incarceration. Its research showed that sustained stress caused biochemical changes in the brain and body and drastically increased the risk of developing mental illness and health problems.

Dr Burke-Harris noticed the number of students being sent to her with ADHD (attention deficit hyperactivity disorder) by school principals, teachers and administrators and found many were experiencing signs of adversity. *'There seemed to be a strong association between adversity and the trauma they experienced, and school functioning.'*

Dr Burke-Harris' research team reviewed the health records of over 700 of her patients and found that those who experienced severe trauma were 32 times more likely to be diagnosed with learning and behavioral problems than those who had not.

'Trauma in general leads to a surge in stress hormones. When this trauma goes unchecked and is sustained, it can disrupt a child's brain development, interfering with functions children depend on in school such as memory recall, focus and impulse control. When we talk about the effect of ACEs on learning, part of the impact is on the child's ability to sit still in class and ... be able to receive and process information.'





(Cont'd) Childhood Trauma

Burke-Harris found that too often the children she saw at her clinic had been prescribed drugs that actually stimulated parts of the brain that did not need it. If children's diagnosis is ACEs, she believes treatment may be as easy as teaching them how to calm themselves down. She recalled a teen with recurrent abdominal pain. Instead of testing for ulcers, she tested for ACEs and found he scored 6 out of 10. His parents were going through a divorce, and his father refused to see him. She recommended he join a sports team. *'A month later his abdominal pain was gone and we didn't have to do expensive tests.'*

'When talking about addressing the root cause, science shows that safe, stable environments are healing for children. Research tells us that sleep, exercise, nutrition, mindfulness and a nurturing environment can reduce stress hormones and enhance the ability of the brain to recover from stress. As we're thinking about how to help students be successful, we must recognize that PE and team sports are part of a comprehensive response to address ACEs. What we put in our children's lunches or provide in a school environment makes a difference in a child's ability to regulate stress response.'

Dr Nadine Burke-Harris authored ***The Deepest Well: Healing the Long-Term Effects of Childhood Adversity.***



**To Michelle Drucker
BAVX Trainer, Wisconsin**

LOVED the BAVX training in Wakefield, and want to share my experience with a few of my first patients and kids.

A lady, 4-6 weeks post stroke. So interesting to see her left arm movements go from super dysfunctional to near normal after about 4 rounds of 1-Bag Square. So cool! First day of feet she could NOT step even with me sitting next to her

and doing it. Second day, I sat in front of her and we got in sync after 2 step reps. We then moved on to 2-Bag Square, and she nailed it! Her fluency improved, and for about an hour afterward she was able to maintain the benefits of her session. So exciting! She's leaving to be with family, so I won't be able to follow her as she recovers.

A few kids have already benefited so much.

I found which ones are visual vs. auditory. One girl I could have sworn was a visual learner actually tested as auditory. I had her close her eyes because she was so visually distracted—then BAM! In sync. Amazing. One boy has SUCH jumpy eyes—no wonder he can't focus on what he's given. It's back to basics because he has a really difficult time crossing midline—even passing the bag back and forth to himself is difficult. Drawing the infinity sign is a huge challenge for him, even with hand-over-hand assist. Drawing an **X** is also difficult. From the training I recalled, **'If you plan to teach, slow your speech'**. I talk a lot usually, so it was a good reminder to be quiet to let people process directions and improve their problem-solving skills.

I'm excited to see how this program continues to help my kids/patients in the SNF (Skilled Nursing Facility). Co-workers are also excited to go to a training! Please come back!

I shared with Bill (Hubert) that almost all weekend I was experiencing really high anxiety. During his teaching I felt myself instantly start calming down. I've been doing the trauma pattern a lot for myself. I was counting along when he was talking about the ACEs test. I would have scored an 8 on that scale had I been given it as a kid. The whole talk he gave Sunday morning had me almost in tears just because it triggered something deep within me from my own trauma experience. I felt such relief when doing that trauma pattern with you. I can only imagine how helpful this is going to be for me personally as I continue, as well as professionally. I have been recommending this program to everyone who will listen.

—Ashley Monette, COTA



**To Bill Hubert
with Endless Gratitude**

May this find you and all those around you in wellbeing and enjoying their journey of life. I have long wanted to express my gratitude for what Bal-A-Vis-X brought to my journey, and perhaps this is the best way I can do it. I'm sending a rather long video. On fast forward you can see a number of different exercises showing my husband's mum, a 98-year-old, doing and thoroughly enjoying, Bal-A-Vis-X. We started some 3 years ago. I taught her helper the principles and she practiced with Ma quite regularly.

I strongly believe this is one of the major contributing factors that has kept her in such great health. She was nothing like this in terms of joy, coherence, self confidence, and interest in learning when Joe took her in 3 years ago. She was rapidly going senile, constant repetitions, virtually no short term memory, very highly stressed. Now all that has completely changed. We taught her to knit, do puzzles, even got her swimming (she never swam before), but I believe Bal-A-Vis-X is what really made the reversal happen. From the depth of my heart , thank you.

I never felt too well 'on board' during trainings in Singapore as I am sure you were well aware, but because of meeting you and how much I love this modality, I sponsored a young lass to come to one of Hadi's & Sumi's trainings. And I believe my long wish of getting Bal-A-Vis-X to New Zealand is also now happening as a result of that journey. Endless gratitude and reverence to you, my dear. Take care and be well.

-Juanita Benson from NZ , (now in China)

Snapshot at jasonlove.com



"I see you've been chasing parked cars again.
Wanna talk about it?"
Talk is great, but BAVX takes it to a different level.

Principle of Bal-A-Vis-X:

BAVX is not a game, a sport, or play.

It is an application of what science continues to discover about learning.

Application:

Meagan, a 90-year-old, came tonight for another BAVX session — the first since you (Bill Hubert) worked with her in Galashiels. When her session finished she said:

"It is therapy, isn't it? Because you have to really focus, and it makes all your aches and pains go away. You have to concentrate so much that nothing else gets in. It's not like those other exercises where you just wave your arms around whilst sitting in a chair."

Thought this would be light relief from your Email swamp.

-Jane Oliver, BAVX Trainer, Scotland

