

# Healthy Brains, Happy Lives: Promoting Optimal Brain Development



**November 6, 2024 | 8:30 am - 1:00 pm PST**

*This 4-hour workshop, an introduction to NeuroDevelopmental Movement® with Bette Lamont, is a stand-alone training for those who seek skills to support children to move through and fulfill the Developmental Sequence.*

What is the Developmental Sequence?

Human beings are programmed genetically to fulfill a sequence of developmental movement that starts in utero and results in the ability to walk. Each stage of the sequence stimulates the next phase of growth. Children born with neurodevelopmental challenges (such as brain injuries, strokes, or toxic exposures in utero) may need to work longer and harder to build stability at various stages of the Developmental Sequence. Gaps in the Developmental Sequence (for example, when babies don't get sufficient opportunity to crawl because they spend a lot of time in strollers or "walkers") may result in not only physical but also behavioral, physical, psychological, and social challenges.

NDM® is based on an understanding of the Developmental Sequence and can be used with children or adults with any kind of neurobiological or central nervous system injury or delay. NDM uses an assessment of seven developmental levels, including reflexes, movement, and sensory development, to identify challenges. Gaps and injuries are addressed by replicating the activities that a neurologically typical child instinctively utilizes to integrate the brain.

The skills gained from this workshop can be used in preschool settings, dance classes, daycare centers, and at home to support individuals move through and fulfill the Developmental Sequence.

**At the end of this training, participants will be able to:**

- Illustrate the process by which the brain integrates itself in the first months of life and identify how a rich sensory/motor environment in these months lays the foundation for full brain integration over the lifespan.
- Distinguish key sensory and motor milestones or normal development at seven different levels of the central nervous system.
- Explain the consequences of any form or degree of trauma or developmental interruption as they affect learning, social, attention and physical skills.
- Transform environments to enhance the normal neurodevelopmental process in the classroom.
- Implement specific motor activities that prompt brain organization in infants.



**BETTE LAMONT**

## Details

8:30 am - 1:00 pm, sign-in starts at 8:15am  
Live training via Zoom

## Continuing Education

For each training, 4 CE credits are available for an additional \$30. Echo is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for MFTs, LCSWs, LEPs, and LPCCs. Echo maintains responsibility for all programs and their content.

## Contact Us

For additional requests, accommodations, questions, or grievances about this training contact us at [training@echotraining.org](mailto:training@echotraining.org) or (213)484-6676.