



## **MNRI® Lifelong Reflex Integration**

### **Introduction:**

MNRI Lifelong Reflex Integration techniques focus on activating and engaging reflexes that are important to everyday function. Unlike primary motor reflex patterns, lifelong reflexes remain visible and present, allowing the body to maneuver and function with little thought to things like balance, grounding, or centering. When lifelong motor reflexes do not emerge or mature as they should, postural changes can result and lead to muscular and structural disorders and misalignment, interruptions in the development of brain function, emotional and behavioral regulation issues, and unproductive learning styles. Depending on the number of lifelong reflexes impacted and their maturation level, a broad spectrum of challenges can appear. Lifelong Reflex program techniques promote the activation and maturation of lifelong reflexes. When lifelong reflexes are appropriately engaged, primary motor reflex patterns are better able to activate, mature, and integrate. In this way, the Lifelong Reflex Program, like all MNRI programs, facilitates the integration process of primary motor reflex patterns. The MNRI Lifelong Reflex Integration course explores:

- The general MNRI Method and the role played by the Lifelong Reflex Integration program
- The progression of lifelong reflexes beginning in utero and continuing throughout the lifespan
- The role lifelong reflexes play in establishing a foundation for motor, communication and cognitive development, and emotional and behavioral regulation
- MNRI techniques to assess, pattern, and integrate lifelong reflexes
- How to create MNRI lifelong reflex integration programs for individual clients
- How to incorporate use of MNRI Lifelong Reflex Integration course content into daily client and home practice

### **Course Objectives:**

Upon successful completion of the three-day, 24-hour Lifelong Reflex Integration course, participants:

1. Learn about the Masgutova Neurosensorimotor Reflex Integration<sup>SM</sup> (MNRI) Method
  - a. The innate nature of the motor reflexes
  - b. The role of a reflex and its sensory, motor and central nervous system mechanisms
  - c. When, why, and how the brain engages in protection versus learning and development
  - d. The physiological and psychological basis for movement strategies and developmental stages
  - e. The maturational role of Lifelong Reflexes within the motor reflex system and the effect of dysfunctional reflex patterns on daily life.
2. Learn the maturational progression and importance of each Lifelong Reflex
  - a. Identify each reflex
  - b. Understand and explain the impact Lifelong reflex integration can have on
    - Postural body structure
    - Dynamic body movements
    - The body's coordination systems
3. Learn and implement MNRI assessment techniques to determine the integration state (i.e. integrated, dysfunctional or pathological) of each lifelong reflex.
  - a. Demonstrate through supervised hands-on-application the ability to conduct an MNRI assessment and adequately determine the state of each lifelong reflex
4. Learn and implement the MNRI techniques to integrate each lifelong reflex
  - a. Learn through demonstration and hands-on-practice the MNRI techniques to adequately activate and integrate each lifelong reflex
  - b. Learn through course discussion and instructor demonstration how to deal with unique and challenging client situations using MNRI method techniques
  - c. Demonstrate for course instructor the ability to appropriately apply integration procedures for each lifelong reflex
5. Learn how to create and apply an individual MNRI program for clients with various challenges
  - a. Learn to use the MNRI pre-assessment to identify dysfunctional lifelong reflexes
  - b. Develop individual MNRI programs to activate, pattern and integrate lifelong reflexes

- c. Share course knowledge regarding the impact of reflex integration with client families, specifically possibilities for
  - Positive change in body structure, posture, and motor reflex maturation
  - Improvements in motor, communication and cognitive learning abilities and emotional and behavioral regulation
6. Explore, evaluate and develop strategies to incorporate the use of the MNRI Lifelong course content into daily client and home practice.

**Motor Reflexes Addressed in this Course:**

- Abdominal Reflex
- Amphibian Reflex
- Balancing reflex
- Centering reflex
- Convergence – Divergence
- Core Tendon Guard
- Foot Tendon Guard
- Gravity reflex
- Grounding reflex
- Head Righting Postural reflex
- Locomotion
- Matured Gait reflex
- Sequential Rotation reflex
- Stability reflex
- Stretching reflex

**Prerequisites:** No prerequisites are required; however, Masgutova recommends attending the Dynamic & Postural Reflex Integration course first, whenever possible, to help provide broader context prior to attending other foundation courses.

**Course Length:** The course covers a period of four days and requires a minimum of 32 hours of direct classroom instruction to complete.

**Curriculum Design:** The course curriculum consists of a combination of historical and theoretical lecture, case study slides and videos, technique demonstration and applied practice, and class discussion.

**Course Materials:** The Lifelong Reflex Integration course manual, written by Svetlana Masgutova, Ph.D., is the primary source for content presented in class. Supplementary course content draws from a variety of articles and MNRI case studies, and is referenced as needed upon presentation in class. The course manual is included as part of the course fee and is distributed to course participants at initial course check-in.

**Approved Continuing Education Course for:** AOTA

**Reflex/Course Cross Reference Guide:** As a multi-system approach, the MNRI program addresses the reflexes reviewed in the Lifelong Reflex Integration course from various body system perspectives. In other words, the reflexes explained and reviewed in the Lifelong Reflex course are covered in other courses offered by Masgutova. Refer to the [Lifelong Reflex Cross Reference Guide](#) to see which other MNRI courses review aspects of the reflexes you learned about in the Lifelong Reflex course.