

Course title:

Brain Gym®101 Certificate Course (基礎丹尼遜健腦操證書課程)

Instructor:

Ms. Pau Hang Yee; Registered Physiotherapist, Brain Gym® instructor/consultant

Date:	Four full days: 16 (Sat), 17 (Sun), 23 (Sat) and 24 (Sun) Sept 2023
Time:	9:15am - 5:15pm
Venue:	Room 0901, 9/F Jockey Club Institute of Healthcare, Hong Kong Metropolitan University (1 Sheung Shing Street, Ho Man Tin)
Course Fee:	<ul style="list-style-type: none"> - HKPU member: HK\$ 4,200* - Reg. PT but non-HKPU member: HK\$ 4,700* - Early bird for HKPU member ONLY: HK\$ 4,000* (Apply on or before 16 Aug 2023) <p>*The cost of certificate and course handouts are included</p>
CPD points:	15 points
Remarks:	<ol style="list-style-type: none"> 1. Quota: 16 2. Cantonese speech and Chinese handouts 3. Experience sharing of clinical application on children with special needs and geriatric clients will be included 4. Loose fit sportswear and no dress/ skirt is recommended for attending the lessons; 5. Certificate (基礎丹尼遜健腦操證書 (Brain Gym® 101)) will be issued by Educational Kinesiology Foundation when 80% attendance is achieved; 6. For gaining CPD, participants are required to have a minimum of 75% attendance of the course
Registration:	Please complete the registration form which is appended below.
Deadline:	1 Sept 2023



Introduction of Brain Gym®

Brain Gym® is one of the educational programmes from Educational Kinesiology. Educational Kinesiology refers to draw out learning through natural movement experience, by applying specific movements which integrate the whole brain, senses and body, and optimize brain and body functions to live and learn more effectively.

Brain Gym® teaches us how to move with our challenges and goal. With the performing of some simple activities will support you in reconnecting to your true potential.

Since 1987, Dr. Paul Dennison developed this 5 steps goal- balance-process which offers 3-dimensional series of checks and balances related to physical skills in this course in order to reach their goal with greater ease.

This movement-based program is implemented over 80 countries and Brain Gym® materials have been translated into over 40 languages.

The course of Brain Gym®101

In this course you will learn

1. Educational Kinesiology muscle testing: find out the stress in the body
2. The important of noticing and experience on noticing the physical sense, emotion, thinking and moving
3. **26 movements** that can enhance midline control, calm the emotion, and shift the flight and fight phenomenon back to normal.
4. Re-patterning exercise which helps to change the automatic/reflex behaviour to conscious choice.
5. **10 goal balance procedures** including
 - seeing
 - listening
 - writing
 - action balance for accessing midfield
 - laterality dimension: communication
 - centering dimension: organization
 - focus dimension: comprehension
 - action balance for everyday living
 - all storm transform (emotion)
 - x-pand balance

The instructor

Ms. Pau Hang Yee is a registered nurse and had worked in an acute hospital in Hong Kong. She then completed the study in BSc in Physiotherapy at PolyU Hong Kong and became a registered Physiotherapist. From 1996 to 2020, she specialized as a pediatric physiotherapist in Heep Hong Society, which is one of the leading education and rehabilitation NGO offering professional services to SEN (Special Educational Needs) children and their family.

Pau became a Brain Gym® instructor/consultant under the Educational Kinesiology Foundation in 2005 and she has applied Brain Gym® in her workplace since 2007. She then broadened her horizon by learning primitive reflex integration methods and cranio-sacral therapy (CST). Pau found that application of the primitive reflex integration, Brain Gym® balance and CST during the treatment session could improve the attention, gross motor performance and physical skill of the SEN children. She has further applied Brain Gym® goal balance to children's parent and adult clients.

In 2021, Pau published her first publication - 「提升孩子專注力，家長自己來」, in which general public can learn how to observe if the child has retained primitive reflexes and apply a new approach of integrating rudimentary movement.

Through all the solid and profound experience, Pau has gained a deep understanding that improving physical skills can help solve most of the learning problem. Moreover, physiotherapist plays an important role in helping our SEN children to improve their learning and academic performance by facilitating their physical skills. Thus, Pau has established an organization named “Integrated learner” to deliver talk and share her insight about PT role in facilitating learning to the public.



Registration

Full Name:			
Institution:			
HKPU Member Membership No.:			
Contact Phone Number:			
E-mail:			
Mailing Address:			
Registration Fee (please \checkmark as appropriate)	<input type="checkbox"/>	HKPU Member: HK\$4,200	
	<input type="checkbox"/>	HKPU Member early bird: HK\$4,000	
	<input type="checkbox"/>	Non-HKPU Member: HK\$4,700	

For application, please complete the registration form and send it with the cheque to:

Dr Chad Chan Wing Nga

Department of Physiotherapy, School of Nursing and Health Studies,
Jockey Club Institute of Healthcare, Hong Kong Metropolitan University,
1 Sheung Shing Street, Homantin, Kowloon, Hong Kong
(Brain Gym course application)

The cheque should be crossed and made payable to "Hong Kong Physiotherapists' Union" (Please write your name, contact phone number & course name at the back of the cheque)

Cheque No.: _____ Bank: _____

Remarks:

- Priority will be given to HKPU members.
- No. of class quota is 16. Applications will be considered on a "first-come-first-served" basis.
- For HKPU membership application, please contact at 95653294 via WhatsApp. It takes 4 weeks to process.
- Successful applicants of the course will be notified via email for confirmation.