

Child Centre Method

External Study Exercises

Module 3

Student Workbook

Name of student _____

Name of Reg. CCM Practitioner/Supervisor _____

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Required reading for modules 1-3

- Brandes, Bonnie L. (2016). *The Symphony of reflexes*.
- Goddard, Sally (2002). *Learning And Behaviour: A Window into A Child's Mind: A Non-Invasive Approach to Solving Learning and Behaviour Problems*.

Revision Questions Module 3

1. What is the difference between primitive and postural reflexes?

2. How would you explain physical literacy to parents?

3. When does the Fear Paralysis Reflex become activated?

4. How would you test Bonding Reflex?

5. What impact may it have if the body is in Moro for a prolonged period?

6. Which reflex may cause the most issues at school and why?

7. How would you explain stress to a parent?

8. What happens physiologically that can lead the body to a state of exhaustion?

9. Which reflexes need to be inhibited for visual integration?

10. Which postural reflexes are affected by a retained TLR?

11. What reflex is involved in moving the eyes separately from the head?

12. What impact will this have on academic performance?

13. Movement stimulates the vestibular system. E.g. “tummy time” putting baby on his tummy allows baby to lift his head from the floor hence developing his core and training his vestibular system. How does retained TLR effect the vestibular system?

14. Poor vestibular functioning results some difficulties with gross and fine motor skills. True/False.

15. Movement is essential for stimulation of the vestibular system. Suggest 5 possible symptoms of vestibular dysfunction.

16. How would you explain the importance of the amygdala to parents?

17. Explain the differences to parents between the hemispheres?

18. Why would you use pause lock?

19. If a client is not ready to be balanced what might be the issues. Name some ways of correcting them.

20. If a muscle unloads on responsibility. Describe how you would balance that.

21. If you get entry point icon, describe how to get to the point of stress. Name two different ways of correcting the stress.

22. In simple words explain the importance of neurotransmitters and their link to the reflexes.

23. Explain to parents what sensory integration is.

24. What's the role of the central nervous system with retained reflexes?

25. Explain, in simple terms the fight and flight system.

26. How does lack of balance effect self-esteem and self-confidence?

27. Why is crawling so important in a child's development?

28. What difficulties during pregnancy and birth may be indicative of retained primitive reflexes?

29. How would you explain the importance of spinning and going upside down and playing in the playground to parents?

30. Explain the role of harmonising in helping integrate reflexes.

31. If the DNA icon is an issue what might that indicate to you?

32. How would the love icon be connected to the bonding reflex?

33. If a child was very fidgeting and restless at the beginning of the balance what might you do to calm them down?

34. When might you use the heart cell points?

Reflective Journal for required reading list.

Please complete reflective journal for the required reading material.

Reading material:	Chapter/topic:	Date of reflection:
Discuss something new you have learned, or information consolidated.		
How will I integrate this with my current knowledge and practice?		

Discuss something new you have learned, or information consolidated.
How will I integrate this with my current knowledge and practice?
What I liked about this book.
What I didn't like about this book.

Reading material:	Chapter/topic:	Date of reflection:
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How will I integrate this with my current knowledge and practice?		

Discuss something new you have learned, or information consolidated.
How will I integrate this with my current knowledge and practice?
What I liked about this book.
What I didn't like about this book.

Please record 4 case studies including assessment & integration using CCM modality.

Case study 1

Name	DOB	Date of assessment
Parents name	Address	Phone/mobile number

History

Presenting problems	
Birth history	
Vaccination history	
Developmental stages	
Food and water Intake	
Sleep pattern	

Coordination of body movement

Natural body movement while marching in place	
Unilateral movement (Homolateral crawl)	
Bilateral movement (Cross crawl)	

Reading Age	
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Eyes in rotation

Rotation of eyes	Clockwise	
Rotation of eyes	Anti-clockwise	

Accommodation: changing focal length

Eyes	Near to far	Far to near	Repeat 5 x	OK
Comments				
Eyes	Convergence		Divergence	OK
Comments				
Smooth Pursuit				
Eyes tracking horizontally 20-40 times				OK
Eye dominance				
Auditory Integration:				
Which ear do they turn to hear toward the door?				

Vestibular System and Balance	
Static Balance	
Romberg Test: two feet together – eyes open	
Repeat, eyes closed	
Dynamic balance- heel to toe – eyes open	
Repeat, eyes closed	
Stand on right foot – eyes open	
Stand on right foot – eyes closed	
Stand on left foot – eyes open	
Stand on left foot – eyes closed	

Digit span: Auditory Short Term Memory	
Digits forwards	
Digits backwards	

REFLEX PROFILE RECORD SHEET

Session _____ Date: _____ Client: _____

Name:	
DOB:	

REFLEX	ACTIVATED (date)	INTEGRATED (date)	TEST
MORO First breath of life			Tilt backwards with head tilted back fully supported.
PALMAR Cling for safety			Brush on palm sideways and upwards. Hand supported, fingers curled.
INFANT PLANTAR Grasp and cling for safety			Pressure to ball of foot
TLR Trains body to changes in vestibular system as head moves			Look up towards ceiling, down to floor x6 eyes open /closed
ROOTING Turn head for sucking			Brush edge of mouth
SUCK Opening mouth to latch on			Area near lips
ATNR Free passage of air on front			Arms in front, turn head side to side
SPINAL GALANT Feel sound in utero and birthing process			Side of spine
BABINSKI Preparation of the feet for walking			From bottom side of little toe across top to big toe
STNR Crawling			On all fours look up towards ceiling and down between legs
VESTIBULAR Balance			Balance on L and R foot for 15 seconds

Date of session: _____ Name: _____ Age: _____

Please note which reflex was active during the session and which icons tested up in relation to integrating the reflex. Please complete the sequence of the balance, how you resolved any issues, did you go back to the source of stress, how did you get there, what technique was used i.e. family constellations type of work, re-framing the story, changing the experience etc. Also, what were your recommendations, what insights did you get whilst doing the balance, what would you have changed about the session if anything? Was it linked in with something that was going on with you in your life i.e. Ho'oponopono and finally what further knowledge might you need as a result of the balance. Please use additional sheets if required.

Note how the client performed integration exercises:

Please make note of any additional information from the session.

Date of session: _____ Client name: _____ Age: _____

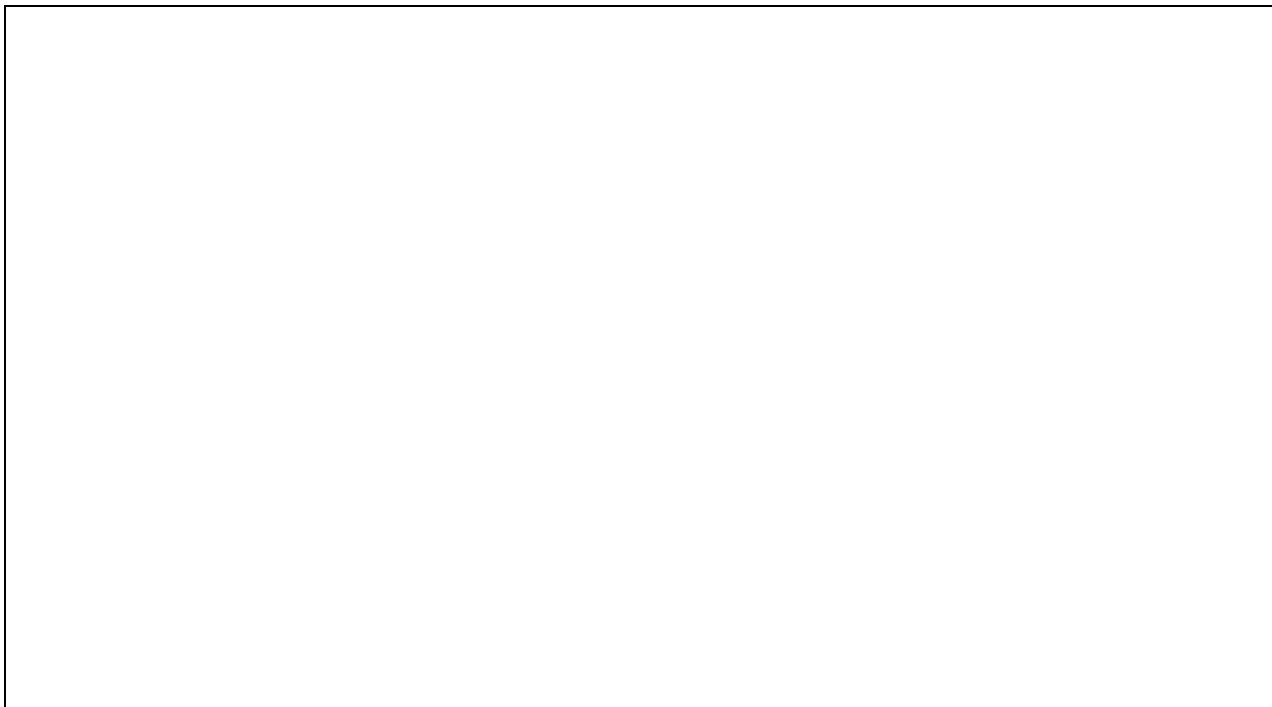
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Note how the client performed integration exercises:

Please make note of any additional information from the session.

Please write a brief reflection of your sessions with case study 1 below.

Case study 1

A large, empty rectangular box with a thin black border, intended for the user to write a reflection on their sessions with case study 1.

Case study 2

Name	DOB	Date of assessment
Parents name	Address	Phone/mobile number

History

Presenting problems	
Birth history	
Vaccination history	
Developmental stages	
Food and water Intake	
Sleep pattern	

Coordination of body movement

Natural body movement while marching in place	
Unilateral movement (Homolateral crawl)	
Bilateral movement (Cross crawl)	

Reading Age	
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Eyes in rotation

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Accommodation: changing focal length

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Eyes tracking horizontally 20-40 times				OK
Eye dominance				
Auditory Integration:				
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Digits backwards	

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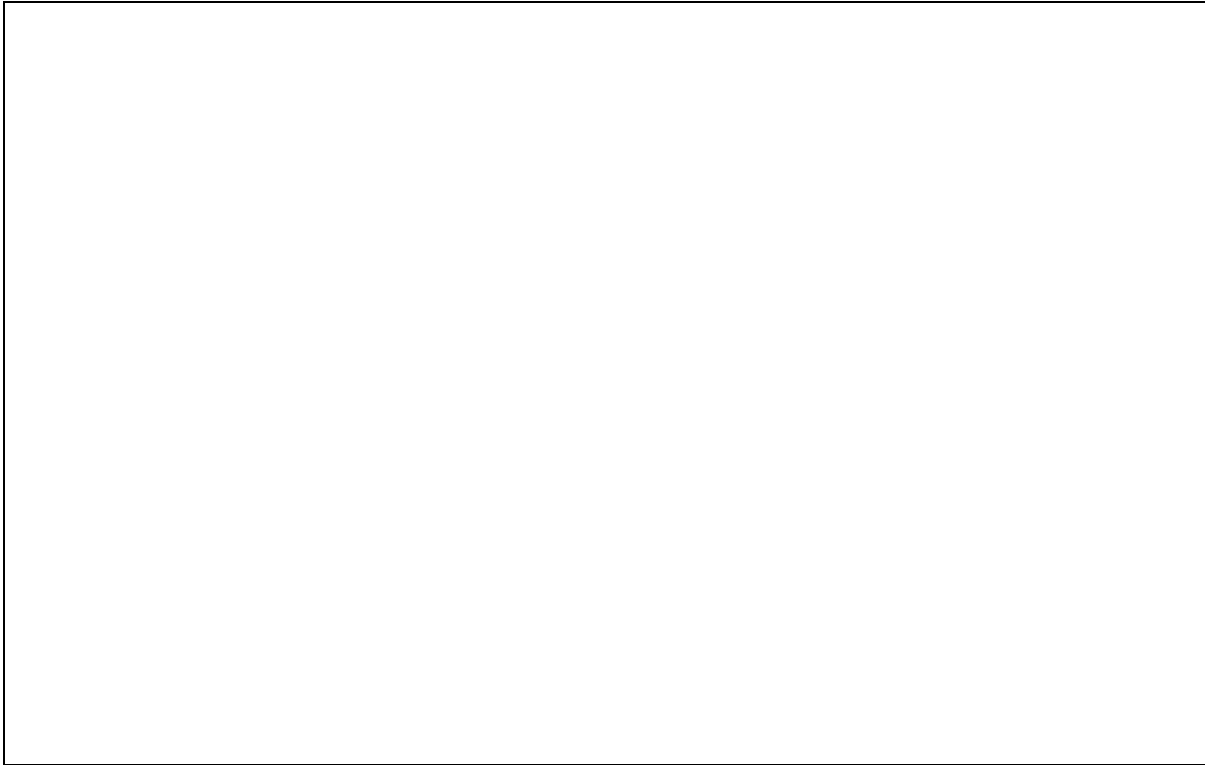
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Case study 2



Case study 3

Name	DOB	Date of assessment
Parents name	Address	Phone/mobile number

History

Presenting problems	
Birth history	
Vaccination history	
Developmental stages	
Food and water Intake	
Sleep pattern	

Coordination of body movement

Natural body movement while marching in place	
Unilateral movement (Homolateral crawl)	
Bilateral movement (Cross crawl)	

Reading Age	
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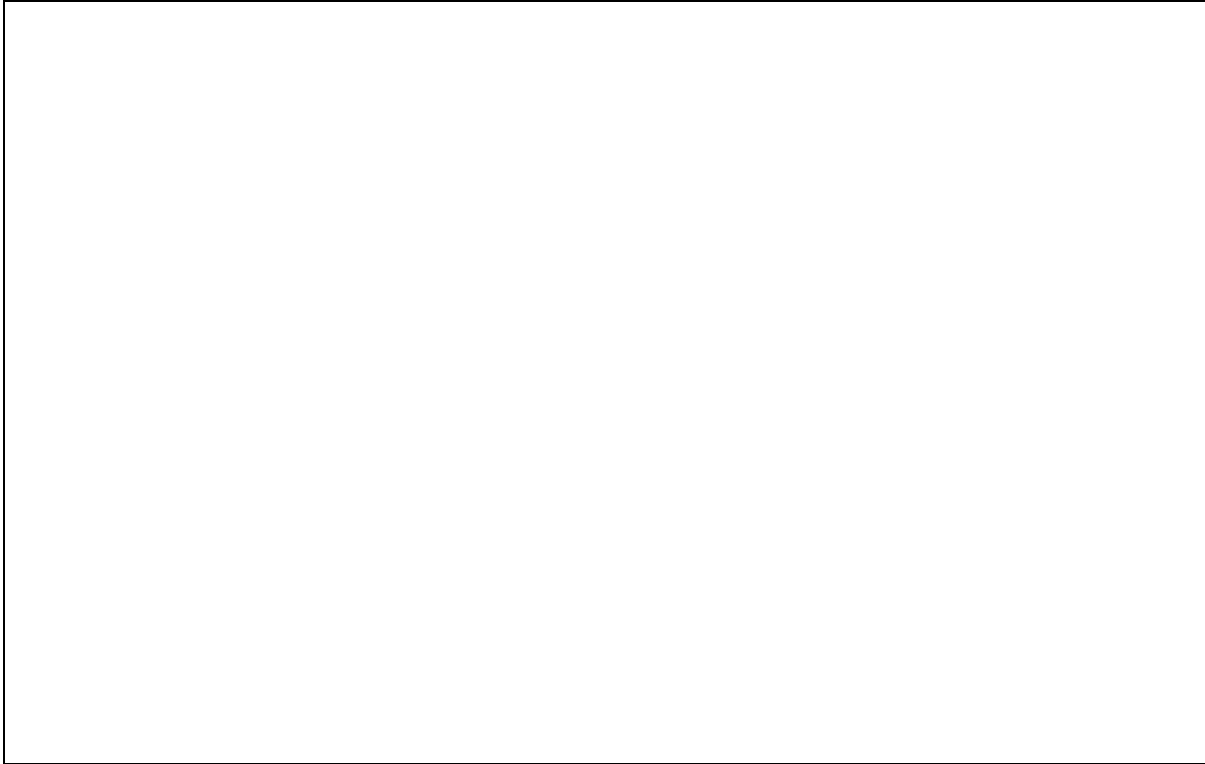
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Case study 3



Case study 4

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Parents name	Address	Phone/mobile number

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Vaccination history	
Developmental stages	
Food and water Intake	
Sleep pattern	

Coordination of body movement

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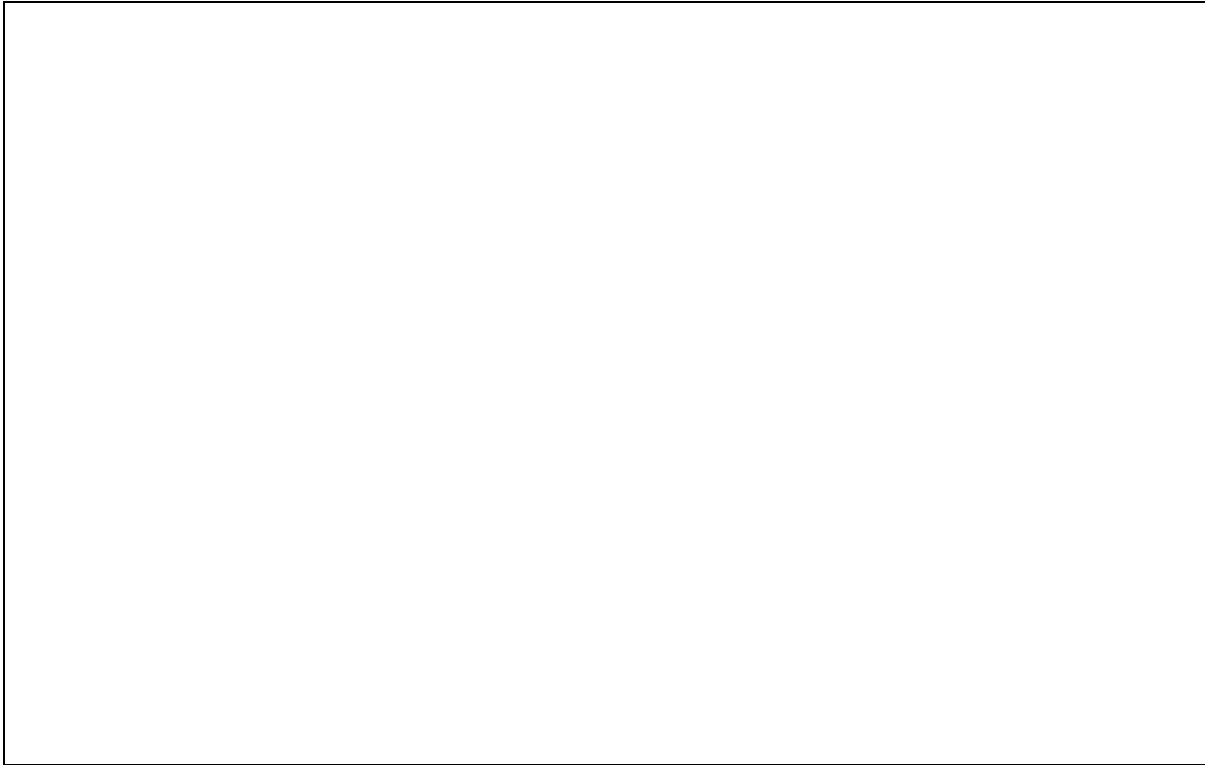
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Note how the client performed integration exercises:

Please make note of any additional information from the session.

Case study 4



Final reflections for Module 3 CCM

I feel confident about taking case history and assessing new clients and discussing this with parents.	<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td style="background-color: #ffffcc;">Strongly Disagree</td> <td style="background-color: #ffffcc;">Disagree</td> <td style="background-color: #ffffcc;">Undecided</td> <td style="background-color: #ffffcc;">Agree</td> <td style="background-color: #ffffcc;">Strongly Agree</td> </tr> <tr> <td>(1)</td> <td>(2)</td> <td>(3)</td> <td>(4)</td> <td>(5)</td> </tr> </table>	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	(1)	(2)	(3)	(4)	(5)
Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree							
(1)	(2)	(3)	(4)	(5)							
I can explain how the reflexes effect learning and behaviour.	<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td style="background-color: #ffffcc;">Strongly Disagree</td> <td style="background-color: #ffffcc;">Disagree</td> <td style="background-color: #ffffcc;">Undecided</td> <td style="background-color: #ffffcc;">Agree</td> <td style="background-color: #ffffcc;">Strongly Agree</td> </tr> <tr> <td>(1)</td> <td>(2)</td> <td>(3)</td> <td>(4)</td> <td>(5)</td> </tr> </table>	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	(1)	(2)	(3)	(4)	(5)
Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree							
(1)	(2)	(3)	(4)	(5)							
I can make links from the icons that come up to tell the “story” for the client.	<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td style="background-color: #ffffcc;">Strongly Disagree</td> <td style="background-color: #ffffcc;">Disagree</td> <td style="background-color: #ffffcc;">Undecided</td> <td style="background-color: #ffffcc;">Agree</td> <td style="background-color: #ffffcc;">Strongly Agree</td> </tr> <tr> <td>(1)</td> <td>(2)</td> <td>(3)</td> <td>(4)</td> <td>(5)</td> </tr> </table>	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	(1)	(2)	(3)	(4)	(5)
Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree							
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I feel confident to relate the “story” to clients.	<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td style="background-color: #ffffcc;">Strongly Disagree</td> <td style="background-color: #ffffcc;">Disagree</td> <td style="background-color: #ffffcc;">Undecided</td> <td style="background-color: #ffffcc;">Agree</td> <td style="background-color: #ffffcc;">Strongly Agree</td> </tr> <tr> <td>(1)</td> <td>(2)</td> <td>(3)</td> <td>(4)</td> <td>(5)</td> </tr> </table>	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	(1)	(2)	(3)	(4)	(5)
Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree							
(1)	(2)	(3)	(4)	(5)							
I can easily demonstrate integration exercise to clients.	<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td style="background-color: #ffffcc;">Strongly Disagree</td> <td style="background-color: #ffffcc;">Disagree</td> <td style="background-color: #ffffcc;">Undecided</td> <td style="background-color: #ffffcc;">Agree</td> <td style="background-color: #ffffcc;">Strongly Agree</td> </tr> <tr> <td>(1)</td> <td>(2)</td> <td>(3)</td> <td>(4)</td> <td>(5)</td> </tr> </table>	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	(1)	(2)	(3)	(4)	(5)
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I understand and can explain, to clients, the importance of integration exercises.	<table border="1" style="width: 100%; border-collapse: collapse; text-align: center;"> <tr> <td style="background-color: #ffffcc;">Strongly Disagree</td> <td style="background-color: #ffffcc;">Disagree</td> <td style="background-color: #ffffcc;">Undecided</td> <td style="background-color: #ffffcc;">Agree</td> <td style="background-color: #ffffcc;">Strongly Agree</td> </tr> <tr> <td>(1)</td> <td>(2)</td> <td>(3)</td> <td>(4)</td> <td>(5)</td> </tr> </table>	Strongly Disagree	Disagree	Undecided	Agree	Strongly Agree	(1)	(2)	(3)	(4)	(5)
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I have questions about the following:
