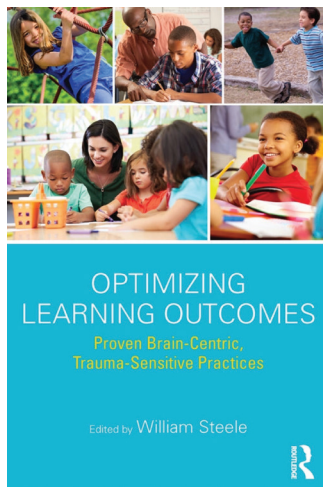


Optimizing Learning Outcomes: Proven Brain-Centric, Trauma-Sensitive Practices

Edited by William Steele PhD

Chapter Three Multi-Sensory Movement for All: Changing Our Physiology, Behavior and Performance *by Roberta Scherf and Chris Bye*

We're pleased to announce the publication of a new book on trauma-informed care, edited by William Steele, PhD. The book includes a chapter on MeMoves™ efficacy, released in 2017 by Routledge.



“MeMoves™ is a fantastic resource that should be in every classroom.” Dr. William Steele

Abstracts:

Book: There is no doubt that movement can help all students with regulation in ways that allow them to focus and engage those cognitive processes needed to learn. When movement patterns are integrated with rhythmic music, comforting vocal frequencies, visual patterns, and synchronized with the expressive features of emotion and the movement of others, teachers and students realize so many more benefits. This chapter describes the integrated processes of the MeMoves™ program used in classrooms and other settings throughout the country. Teachers, parents, occupational therapists and school social workers describe their experiences with students before and after using the three to four minute segments in the classroom; how it improves focus, reduces off task behaviors, helps to regulate behavior and overall learning outcomes for all students.

Text Book: Readers will be able to identify and then discuss how the various components of specific movement patterns, rhythmic music, comforting vocal frequencies, visual patterns synchronized with the expressive features of emotion and the movement of others supports bio-physiological and neurological functions critical to learning and the regulation of reactions and behaviors associated with anxious and traumatized students, as well as those students experiencing stress and sensory processing challenges. Links to several video segments allow the reader to hear directly from teachers and parents about the various ways that the MeMoves™ program has integrated these components into three to four minute segments for use in classrooms and other settings, and how their students and children are better able to focus, reduce off task behaviors and realize improved learning and behavioral outcomes.