

# NeuroDevelopmental Movement

## *Addressing Gaps in the Developmental Sequence at Carolinas Biofeedback Clinic*

### What is it?

NeuroDevelopmental Movement (NDM) is a movement and sensory based, natural, drug-free approach to addressing behavioral, social, psychological, academic and physical challenges in children and teens. Techniques leverage the brain's neuroplasticity and for many, NDM is the missing piece to a complicated neurological puzzle.

### Why do it?

Children can have a wide range of highly challenging brain dysfunction. Some children have a patchy group of challenges that often stand out against a pattern of largely normal NeuroDevelopmental skills, such as poor social skills, behavioral challenges, impulsivity or inattention. They may have good intelligence, while behavior can be extreme and unmanageable. Some children have pervasive NeuroDevelopmental challenges that impact all areas of their functioning, and in more severe cases, children may be globally delayed or brain injured. By replicating the natural order of movements for healthy brain development, NDM prompts the brain to integrate functions that are currently unintegrated, resulting in improvements to social, behavioral, psychological, academic and physical challenges.

Many families have tried intervention strategies, such as behavior modification plans, medications, tutors and various therapies to address their child's struggles, only to find the progress ineffective or incomplete. Because NDM addresses these challenges at the foundational levels of brain function and development, it could be the missing piece that families have been searching for.

### How does it work?

NDM provides the client with one of the most comprehensive, effective and natural approaches to some of the most challenging academic and behavioral issues. NDM addresses these issues by evaluating skills at seven developmental levels, and considers reflexes, movement, and sensory development. If there are gaps at any level, work will target them to enhance functionality and help the brain complete the required developmental task. The brain literally constructs the missing circuitry to support new healthy functionality.

You will be given custom-designed movements and simple activities to practice daily in order to replicate and replace any missing stages. Individualized programs will include a combination of reflex, motor, and sensory activities. The program is done from home for 30-60 minutes each day in the context of good family dynamic and support.



### You are a candidate if you struggle with:

- Attention deficits
- Impulsivity
- Poor social skills
- Emotional dysregulation
- Behavioral struggles
- Sensory Sensitivities
- Academic difficulties
- Developmental delays
- Brain injury

### The NDM Program

- **3 hour Initial Assessment**
- **Individualized protocol**
- **Reassessments every 2-3 months**
- **Membership in the NeuroGrowth Network including expert supervision, community interaction, resources, and live streaming events for the duration of the program**
- **The average length of an NDM program is 18-24 months**

### Your first step

Book a free phone consult:  
[calendly.com/cbfc-sandy-smith](http://calendly.com/cbfc-sandy-smith)

Or contact us:  
[sandy@cbfclinic.com](mailto:sandy@cbfclinic.com)  
[www.cbfclinic.com/NDM](http://www.cbfclinic.com/NDM)  
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