

## NeuroDevelopment

### Frequently Asked Questions

Q. How does neurodevelopmental training work? A. Neurodevelopmental training is based upon the principal of retraining the brain through the brain plasticity concept. The brain plasticity concept basically states that neural connections produce new connections with a process called synaptic reorganization. When a child is born, there are roughly 250,000 neural connections available. As the child grows these connections may be inhibited or absent for whatever reason... or they may not be activated properly.

When we apply the brain plasticity concept to brain injury models we see there are specific ways to create that process. We look specifically to the NeuroGeniSys assessments to understand which functions in the brain are not engaging or functioning properly. We then encourage development of neural pathways through stimulation and neurodevelopment exercises.

Remember: Plasticity continues until the day we die, even the uncommitted brain cells continue to grow until we die.

Q. What is the primary focus of neurodevelopmental training ?

A. Neurodevelopment Training addresses three concepts:

1. Maturation of brain development
2. Nervous system feedback loops
3. Brain plasticity

Crossroads Institute neurodevelopmental training is primarily focused on centers on cognition function and integration within the whole neurological system. The training ensures we use as much if not all of those areas. This, in turn, ensures that the child's brain matures and develops as it should. That is really the long and the short of it.

Q. What are the differences in Crossroads' approach? A. We are different in that we target the outcome. I really look at brain processing. Once the brain processing is brought into balance, cognition will follow. In addition, from my point of view, when looking at neurodevelopment, I am looking at personality development. We use cognitive-function, which pays attention to the emerging person. We don't try to train out high dominant characteristics. Many other typical neurodevelopment training will work on motor planning and sensory integration (SI) issues only. This approach believes if you work SI, the motor planning will take over. It assumes that with sensory integration training, cognitive function will just automatically happen. We have not found that to be true. That is why we combine many levels and modalities of neurodevelopment training.

Q. What are the key features of Neurodevelopment training.

A.

1. Our assessments. We properly assess not only the development of the functional brain systems, but also how it emerges.

2. We pay attention to the personality of the individual, not just their brain.
3. We have the tools, expertise and personnel to make it happen.

Q. What are the key benefits of Crossroads Institute Neurodevelopmental training?

A.

1. It's a natural process without the use of medication therapy.
2. We have an opportunity to take a child from what appears to be low functioning to a child who can make their own choices.
3. Siblings can also benefit from the same therapy and help accelerate their own brain function.
4. We teach Learned Mastery vs. Learned Helplessness.
5. Parents and children realize they can and do develop brain function, which then makes all things possible.