

**Title of Conference:** Equipping Minds Cognitive Development Curriculum Level I Certification

**Instructional Methods and Materials:** Lecture, Audience participation, Handouts, Case Studies and Demonstrations All participants will receive the *Equipping Minds Cognitive Development Curriculum and Equipping Minds Student Workbook*. All of the games and manipulatives were provided for participants to use during the 3 day conference.

**Instructional and Contact Hours:** 24 hours April 20-22, 2020 8am-5pm

**Conference Description:** Equipping Minds Cognitive Development Curriculum Level 1 equips educators, therapists, parents, and other specialists in our multi-disciplinary approach, which increases anyone's capacity to learn. You will be introduced to the theories of Structural Cognitive Modifiability and Mediated Learning, the role of primitive reflex & neuro-developmental therapy, nutritional therapy, sound therapy, vestibular therapy, vision therapy, and cognitive developmental therapy. You will be provided with a proven set of exercises in these areas through a hands-on approach. This conference is designed for those who want to implement this program into their private practice, learning center, school or home. You will learn a holistic approach to increase cognitive skills for learners of all ages and abilities. These exercises will not only benefit your students but will enhance your own memory, executive functioning, and reasoning skills.

#### **Course Objectives and Learning Outcomes**

- Participants will learn the research behind Equipping Minds Cognitive Development Curriculum and neuroplasticity.
- Participants will learn the theories of Structural Cognitive Modifiability and Mediated Learning Experience of Dr. Reuven Feuerstein as well as some of his instruments.
- Participants will learn the efficient and deficient cognitive functions identified by Dr. Feuerstein at the input, output, and elaboration phase of learning.
- Participants will learn how whole person wellness relates to cognitive function and how mind and body health effect brain development.
- Participants will learn seven primitive reflexes, the symptoms associated with each, how to assess, and how to integrate.
- Participants will learn how to assess the visual, auditory, vestibular, and cognitive systems and which interventions to use.
- Participants will learn cognitive training exercises in visual and auditory processing, working and long-term memory, attention, comprehension, executive functioning, logic and reasoning.
- Participants will learn classroom connection guidelines for math, spelling, vocabulary, reading, history, science, and writing using Equipping Minds.
- Participants will understand the *mind of the struggling learner*.
- Participants will learn the benefits of homeschooling struggling learners.
- Participants will learn how to use the Equipping Minds Cognitive Curriculum workbook and the ROSES program
- Participants will learn Aristotle's Ten Categories of Being and how to implement into therapy and the classroom setting.
- Participants will learn the benefits of rehabilitating the auditory system with Sound Therapy.
- Participants will learn how the physical and sensory issues can be addressed simultaneously with cognitive maturation using a combination of verbal and reflexive tools.
- Participants will learn how trauma and stress impact behavior, social skills, communication, and learning.

### **Presenters Qualifications:**

**Dr. Carol Brown Ed.D** Executive Director and Educational Specialist of Equipping Minds, has been working with children and families who have struggled academically and psychologically since 1981. She received her BA in Rehabilitation Counseling from Marshall University, MA in Social Services from Southwestern Baptist Theological Seminary, and Doctor of Education (Ed.D) in Educational Leadership from the Southern Baptist Theological Seminary. She sought additional training in cognitive development therapy, primitive reflex therapy, sound therapy, vision therapy, nutritional therapy, and vestibular therapy and combines these in her multi-disciplinary therapy program. Carol is licensed and certified as an FIE Mediator by the Feuerstein Institute for the Enhancement of Learning Potential. She is a contributing author in the *Neuroscience and Christian Formation and Human Development: Equipping Minds with Cognitive Curriculum*. She also wrote the *Equipping Minds Cognitive Development Curriculum*.

**Rafaele Joudry MPsych** Rafaele is a world leader and educator on Sound Therapy and the discoveries of Dr Tomatis. Rafaele holds a Masters of Psychology specializing in Sound Therapy. Since founding [Sound Therapy International](#) in 1989, Rafaele has authored dozens of articles plus three best-selling books: *Sound Therapy: Music to Recharge Your Brain, Triumph Over Tinnitus and Why Aren't Learning?* Her books describe the remarkable power of Sound Therapy to improve ear function and brain integration, resulting in beneficial results for numerous conditions. **Session: *Using Music to Change the Brain and Learning***

**Dr. David Martin Ph.D** David earned a BA from Yale, Ed.D and C.A.S. from Harvard, and Ph.D from Boston College. He holds the title of Professor/Dean Emeritus from Gallaudet University. He is a proponent of the Mediated Learning model used by the followers of psychologist Reuven Feuerstein. He has focused on the effects of critical thinking strategies on the learner, and he has investigated those effects with special populations in the USA and several other countries. **Session: *Power of Mediated Learning to Increase Thinking, Executive Functioning, and Problem Solving Skills Learning***

**Kathy Johnson Ms Ed** Kathy earned her BS at Clarkson University in Management and Marketing, and received her MS Ed from State University of New York at Albany in Curriculum Development and Instructional Technology. She is trained in Therapeutic Listening by Sheila Frick, Primitive Reflexes by Samuel A. Berne, Brain Gym 101, Irlen Screening Certification PACE Cognitive Enhancement Program by Learning Rx, Phono-Graphix Reading Instructional Program by Read America, and Introduction to Rhythmic Movement Training. **Session: *Primitive Reflex Therapy***

**Dr. David Lindemann MD** David is the director of the Coalesco center. Following 8 years training and serving as a physician in the US Army at Walter Reed National Military Medical Center and Eisenhower Army Medical Center (as Chief of Physical Medicine and Rehabilitation), David left the military in 2017 to start Coalesco Project and pursue his dream of offering care and healing to individual clients, equipping and training professionals, and increasing awareness of both the possible and practical aspects of true healing. His particular focus is on integrating the cognitive and physiologic aspects of growth and healing so that physical and sensory issues can be addressed simultaneously with cognitive maturation using a combination of verbal and reflexive tools. He works primarily with clients whose physical or cognitive issues stem from abuse or neglect, as well as more general types of trauma. **Session: *Hope and Healing from Trauma: Integrating the Cognitive and Physiologic Aspects of Growth and Healing***

**Clayton Brown BS** Clayton has a BS in Counseling from Boyce College and has been an educational specialist with Equipping Minds for eight years. **Session: *Understanding the Mind of the Struggling Learner and Study Skills***

**Faith Berens, MA Ed.** Faith holds a master's degree in reading from Shenandoah University. She has over 15 years teaching experience serving as a classroom teacher, Reading Recovery teacher, reading specialist, and educational therapist. Her areas of expertise are early childhood literacy, reading assessment, and the identification and remediation of reading difficulties. Faith is a Special Needs Consultant for HSLDA. **Session: *Equipping Minds for Reading***

**Ann Maura Hinton MA Ed.** Ann Maura holds a master's degree in Special Education from the University of Tennessee. She joined the Lifeline team in August of 2017 and serves as an Education Specialist. She brings with her over 25 years of teaching experiences in a variety of different settings and with a variety of different disabilities. She loves to learn and is constantly looking for new ways to help build a bridge from frustration to hope alongside families in need. She is a certified Cognitive Developmental Therapist. **Session: *Equipping Minds through Trauma-Informed Lens and Interventions***

**Shannon Ebbers CNTP** Shannon began studying nutrition in her own quest for health and eventually pursued a certificate in nutrition therapy. She enjoys implementing what she learns in her home with her own family and has a special interest in children with learning challenges. She is passionate about helping others reach their goals for personal wellness as they care for themselves and their families. **Session: *Nutrition and Brain Development***

## Sessions

**Monday, April 20 8:00 am-5pm Level 1**

- **8:00 am Dr. Carol Brown *Research Behind Equipping Minds Holistic Approach to Cognitive Development:*** Participants will learn that the brain can change, as the latest research on neuroplasticity has proven. Cognitive and educational gains have been proven with this evidence-based curriculum, which everyone can replicate and use. We know that physical, cognitive, behavioral, and relational skills develop together rather than in isolation. Providing a more holistic approach to build challenge areas and enhance strengths increases confidence, communication skills, memory skills, comprehension, processing skills, and relational skills. Treating the whole person through a multidisciplinary approach will give the best results.
- **9:00 am Clayton Brown: *Understanding the Mind of the Struggling Learner:*** Clayton will share his personal story of having a severe language processing disorder, dyslexia, dysgraphia, and dyscalculia. He'll take you through his 19-year journey of unending therapies and finally graduating from college on the Dean's List with no symptoms of his previous challenges. He is a gifted speaker, writer, and educational therapist who is giving hope to learners who have challenges.
- **10:00 am Dr. Carol Brown *Equipping Minds Cognitive Development Curriculum Overview*** Participants will review the key sections of the workbook and how to use each area.
- **11:00 am Dr. Carol Brown: *Assessing and Developing Cognitive Functions*** Feuerstein defines cognitive functions as "thinking abilities" that can be taught, learned, and developed. Feuerstein

has categorized the cognitive functions according to the three major phases of the mental act—namely, input, elaboration, and output. Although artificially separated into three phases, they don't necessarily occur separately in life. However, the subdivision is useful to analyze and describe thinking as well as determine what factors might negatively affect thinking. This model can be used by teachers and parents to better understand and help the child who is experiencing difficulties with a particular task. Learn how to access your learner's strengths and challenges. Understand how and when to integrate exercise, nutrition, vision therapy, sound therapy, neurodevelopmental/ movement therapy, vestibular therapy, and cognitive therapy.

- **12:00 Lunch – Question and Answer Session**
- **1:00- 2:00 pm Dr. Carol Brown *Equipping Minds Sessions Overview*** Carol will walk participants through the first ten sessions of the program and how to implement in the school day. The lesson plans for the 30 hours of intervention in the Equipping Minds research study will also be discussed.
- **2:00-5:00 pm Carol Brown *Exercises to Improve Processing and Working Memory Participants will learn the foundational exercises for developing visual processing, auditory processing, and working memory.***

#### **Tuesday, April 21 8:00am-5pm Level 1**

- **8:00 am Kathy Johnson: *Assessing and Integrating Primitive Reflexes:*** Participants will learn seven primitive reflexes, the symptoms associated with each, how to test, and how to integrate. These reflexes help provide the newborn with learning experiences which act as a foundation for more complex muscle movements and later cognitive tasks. The reflexes are integrated in a sequential fashion from 3-11 months. Lack of integration of these reflexes past 6-12 months can interfere with cortical and cerebellum processing and affect learning, movement, and attention.
- **9:30 am Dr. Carol Brown: *Understanding the Visual, Auditory, and Vestibular System Learn the importance of the vestibular system, visual processing, and auditory processing to learning.*** Learn the exercises to connect these pathways. The work of Dr. Harold Levinson on the vestibular system and treatment with anti-motion sickness supplements will be examined.
- **10:30 am Dr. Carol Brown: *Exercises for the Brown 6-9 N Back*** Single N-back task (1958) and Dual N-back task (2003) have been used in research as a method to train working memory for many years. Some studies have reported near transfer effects but failed to demonstrate far transfer effects confirming that generalization remains elusive. Dr. Carol Brown developed an adaptive n-back with six tasks or the "Brown Six N Back" in which learners were asked to associated animals with symbols, vowels with sound, symbols, and colors, numbers with symbols and colors, recall images and sequence of US presidents, identify colors, and identify directions of left, right, up, and down. To Brown's knowledge, there has not been a Six N-back task which utilizes a human mediator requiring the learner to hear auditory instructions, use their hands to write or place a cube while holding a pattern for six categories, and saying what they are doing. There are over 40 possible items the learner is retrieving from their long-term memory while using their working memory and regions of the brain which contains vowels, numbers, pictures, sounds, directions, and colors. If the learners succeeded at a particular level of n, the task was made incrementally more difficult by increasing the size of n to six and even nine.
- **12:00 pm Lunch – Question and Answer Session**
- **1:00-3:00 pm Dr. Carol Brown: *Foundations for Intelligent Thinking with Aristotle's Ten Categories to Develop Comprehension and Critical Thinking*** Learn the ten categories and how to use Socratic questioning with a picture. Comprehension is the ability to remember and understand what you read. One can "see" the details of a passage, as well as understand the general concepts. The ancient Greeks were the first to grasp the importance of imagery, or, as

we may say today, “making a movie in your mind,” when reading or listening. Learn exercises to develop comprehension and critical thinking.

- **3:00 pm Faith Berens *Preparing the Brain for Reading, Math , and Writing*** Faith will discuss how to help educators and parents know when to implement Equipping Minds for students who are struggling academically. She will discuss the cognitive skills needed for these areas and how to develop them with Equipping Minds games and exercises.
- **4:00 pm Dr. David Martin *The Importance of Mediated Learning over Computer Programs to Increase Thinking and Communication Skills*** David will present the theories of Mediated Learning Experience. He will model mediated learning while participants engage in a comparisons exercise and a page of Feuerstein’s Organization of Dots which increase thinking, executive functioning, and problem-solving skills

### **Wednesday, April 22 8:00-5 pm Level 1 & Level 2 Combined Day**

- **8:00- 9:00 Shannon Ebbers *Nutrition and Brain Development*** You are what you eat, digest, and absorb. But what if one or more parts of that process aren’t functioning properly? And what does the food we eat have to do with how your brain functions? Diet can have a huge impact on one’s ability to learn, process, and store information, and is an integral part of a holistic approach to improved cognitive function. Shannon will discuss the implications of diet as it relates to children with special needs.
- **9:00- 10:00 Ann Maura Hinton *Equipping Minds through Trauma-Informed Lens and Interventions*** Participants will learn how trauma and stress impact behavior, social skills, communication, and learning. Ann Maura will share the best practices from the leading experts in the field.
- **10:00- 12:00 Dr. David Lindemann: *Hope and Healing from Trauma: Integrating the Cognitive and Physiologic Aspects of Growth and Healing*** Participants will learn how the physical and sensory issues can be addressed simultaneously with cognitive maturation using a combination of verbal and reflexive tools.
- **12:00-1:00 Question and Answer Session**
- **1:00-2:00 Dr. Carol Brown: *Overview of the ROSES program*** Participants will view the Recorded online sessions and learn how to use this resource.
- **2:00- 4:00 Dr. Carol Brown: *Integrating the Equipping Minds Cognitive Development Curriculum in the Classroom, Small Group, Learning Center, Workplace, Adult Living Center, Church, After-School Program and Home:*** Break out Sessions for homeschoolers, educational therapists and classroom teachers and interventionists.
- **4:00-5:00 Rafaele Joudry: *Importance of the Auditory System and how Sound Therapy can Rehabilitate the Ear and Impact Learning*** Sound Therapy is a unique listening system using new knowledge about the brain. The Sound Therapy program is designed to work synergistically with other treatments, meaning that both methods enhance each other. Based on the discoveries of the ear specialist, Dr. Tomatis, the Sound Therapy method developed by Patricia and Rafaele Joudry is specially recorded programs of highly filtered classical music are used to rehabilitate the ear and stimulate the brain. Sound Therapy stimulates the ear by presenting it with constantly alternating sounds of high and low tone within the complex structure of classical music. Stimulation via the sensory pathways re-maps the brain, improving the way we understand and process sound. The brain, in turn, sends signals back to the ear to improve its function. As the ear becomes open and receptive to high frequency sounds these are then passed on to the brain. Research has shown that brain function is improved through high-frequency sound. Participants will also listen to sound therapy.

