



## Summary of Treatment Packages offered by Hemispheres Movement for Learning

At Hemispheres we are all qualified Occupational Therapists and are therefore able to support and advise around functional skills. The focus of our therapy is directed at targeting the immaturities in your child's Central Nervous System (CNS) so the everyday skills can be taught with greater success. We have over 20 years of experience working directly with reflexes and feel that this approach makes the most difference.

### What does the treatment process look like?

You will be prescribed a programme of movements and activities after your assessment and each review appointment. We recommend that the movements are completed at home or school for 5 consecutive days, the programme should take no longer than 10 - 15 minutes each day, with a 2-day rest within the week.

### How often is my child's programme reviewed?

This can vary from one child to another, we aim to review your child's movement programme every 4 weeks. For some children who need a little longer on a programme we can extend the time between review appointments up to 3 months.

### How to I remember what my child's exercise are?

Hemispheres has a video library of most exercises. Each child is allocated a personal folder on the website into which your therapist will place the videos for you to view at home. The link to the video's last 30 days.

#### Home Movement Programme - Primitive and Postural Reflex Motor Programme

*This is our trademark intervention programme and the one we feel makes the most difference.*

*Follow one of our specific programmes of movement in the comfort of your own home. It takes less than 15 minutes per day to provide the right stimulation to your child to help make real changes in their reflexes and connected skills.*

*This treatment programme requires you to attend for just 1 session in clinic per month, where your specialist occupational therapist will review the progress, your child has made and upgrade their movement programme for the following month. This is a cost-effective way to seek support, advice, and help, so you and your child can be active participants in helping your child improve.*

**Package includes:**

- A single 45 - 60-minute appointment session per month.
- A specific programme of movements to stimulate or inhibit identified reflexes.
- Access to your own online video library so you can view movements from home.
- Email support between sessions if you need additional support.
- Sessions can be extended to every 3 months - depending on individual needs.

**What do parents say:**

*'Hemispheres Movement for Learning is a very efficient programme that can be carried out in the comfort of your own home. The therapists are very experienced and knowledgeable and are always there to help. I am very pleased that we have this opportunity to work with Hemispheres OT Clinic. The learning programme that we are currently on is tremendously helping our child to progress and make the achievements.'*

***Madina Mamaeva, Parent, Hertfordshire.***

**6 Week Handwriting Intervention Programme**

A six-week course of individual appointments targeted to improve your child's handwriting skills. Each session will be scheduled for 1 hour, apart from the initial and final sessions, which will be scheduled for 1.5 hours to allow time to assess and evaluate each child's handwriting before and after intervention. The content of each session will be shaped according to their needs and level of handwriting skills to ensure that your child's specific needs can be addressed effectively.

**Package includes:**

- Individual based sessions.
- A programme of motor and cognitive activities to enhance legibility of letters, including letter formation, spatial placement, and sizing of letters.
- Building the skills from single letter formations into 'joined up' writing.
- Reflex inhibiting movements to enhance fine motor control and pencil grip.
- Reflex inhibiting movements to enhance postural tone.

**What do parents say:**

*'My son Philip has always struggled with handwriting, and at age eight at the end of year three he was producing very little work and was going down the assessment scales at school. A friend gave us the contact details for Hemispheres and when I took him for his initial assessment it was such a relief when Hemispheres could tell us the reasons why Philip hadn't managed to improve his writing ability for the last three years. The writing exercises were fun and so unlike anything the school had given us to do. We can see a massive difference in our son, he shows less resistance to starting and completing written homework, at school he is producing larger quantities of neater work and his writing style is more fluid and consistent.'*

***Elaine, Parent, Surrey***

### [The Listening Programme \(including TLP, Spectrum, in-Time and Achieve\)](#)

Hemispheres is an accredited provider of The Listening Programme, In-Time and Spectrum.

Using listening therapeutically to stimulate the vital auditory systems is an option for children receiving therapy at Hemispheres. We will advise you if we feel listening therapy is a potential option and discuss the different programmes and the processes involved.

Listening systems are an additional cost to parents and therefore we will often carry out other evaluations such as the SCAN-C Test of Auditory Processing, a standardised assessment, to ascertain if there are any underlying neurological immaturities, before commencing any listening therapy. Not all children can complete these tests and therefore sometime decisions are made based on a child's clinical presentation.

On occasions we will refer children for more specialist assessments if necessary.

### [Safe and Sound Protocol](#)

The Safe and Sound Protocol (SSP) is an evidence-based listening therapy designed to reduce sound sensitivities and improve auditory processing, behavioural state regulation and social engagement behaviours through filtered music.

The SSP is a non-invasive acoustic vagal nerve stimulator, helping to retune the nervous system to better support connection, collaboration and resilience.

The SSP involves listening to specifically filters music through headphones alongside a provider who is located remotely. It is suitable for children and adults, the SSP has demonstrated benefits for individuals with trauma, anxiety, sensory processing differences and more.