



Australian Bobath  
Neuro-Developmental  
Therapy Association (Inc.)

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## ABNDTA Paediatric Course Tweed 2004

Congratulations to the following course participants who have qualified as Bobath / NDT Therapists

Alfred deLeeun  
Cecily Johnstone  
Carly MacKellar  
Lisa Pryde  
Nikke Milne  
Kelly Reynolds  
Andrea Ross  
Louise Sands  
Shereen Shaker  
Rhonda Whelan

February saw the start of another course and a small but enthusiastic group of therapists gathering at Tweed Heads - some travelling from the southern states, others coming down from Brisbane, and a group of therapists local to the Northern Rivers Health District, which expands from below Byron Bay up to the border. Dr Margaret Mayston from the UK once again lead the first two weeks of the course, setting the scene by covering in detail the current theoretical basis of the Bobath concept, assisted once again by Anne Recordon, physiotherapist from New Zealand who lead the teaching on typical development. Kate Bain and I then joined the teaching team - Kate to lead the Occupational Therapy curriculum which was then followed by Teena Caithness, Speech Pathologist from Sydney leading the Speech Pathology curriculum. Teena was joined by Katy Caynes who is a Senior Clinician with the Queensland Cerebral Palsy League and is training to be Speech Pathology Bobath / NDT Instructor. Teaching with such a skilled team that was dedicated and enthusiastic made it easy to have a vibrant learning environment for the course participants.

The clinics were held over four weeks and once again we were fortunate to have a group of dedicated parents who allowed their children to participate in this course. As I was reviewing all the photos taken over the course, it was apparent that while everyone was working really hard during the clinics (and before and after for the course participants!) there was a genuine sense of fun and play throughout the sessions! One preschool child summed it up on the first day back for the second block of clinics - "I'm back"!! - with a huge grin!

I would especially like to thank Nikki Milne and Louise Sands from NRHS for not only spending hours organising the children for clinics and demonstrations, but for being the driving force behind getting this course to happen in their region. It is often the initiative and determination of one or two enthusiastic therapists who make these courses happen and ABNDTA appreciates this enormously. Thanks also to the local therapists who shared their knowledge of the region with us - including suggesting a (fool) hardy group climb Mount Warning before sunrise one day, carrying torches for the 2 hour climb - needless to say, there were some sore legs in the facilitation pracs the next day!

I would also like to thank Jane Galvin once again for her enormous contribution to the running of this course in her role as course convenor, and thanks also to our tireless secretary, Lynn Gercke, who keeps under control the daily running of finances and all office matters.

We look forward to the next course!

*Course report - Sarah Foley, Course leader*

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## Kate Bain:

Kate Bain is an Occupational Therapist who has been very involved in ABNDTA over the years. Kate claims to have worked in paediatrics forever, and this is clearly her area of interest now. Kate completed her first Bobath / NDT course in London and went on to a second course and then instructor training in the United States. Kate achieved her US OT NDT Instructor certificate in 1998 after completing her instructor training. Kate has worked in her private practice, 'Children's Therapy Service', along with Sarah Foley (PT) and Amy Clews (SP) since 1991. Kate works mainly around the Geelong, Colac and Otway regions and has a particular interest in combining clinical work in the area of CP with teaching. Kate has a strong ongoing commitment to the development of the ABNDTA Australian instructor pathway and to training our own Australian instructors. Kate commenced her Doctoral Studies at Sydney University this year and aims to do some research in NDT. Kate loves sport and the outdoors especially bike riding and snow boarding. Kate also manages to fit her family Rick, Tim and Amanda into her busy life.

## Tweed Heads Course



### Back Row: (left to right)

Nikki Milne, Cecily Johnstone, Teena Caithness (Speech Pathology Instructor), Shereen Shaker, Alfred de Leeun, Sarah Foley (Course Leader), Carly Mackellar, Louise Sands

### Front Row:

Andrea Ross, Lisa Pryde, Rhonda Whelan, Kelly Reynolds, Katy Cayes (Speech Pathology Instructor Candidate)

**Absent:** Margaret Mayston (Course Leader), Annie Recordon (Physiotherapy Instructor) Kate Bain (Occupation Therapy Instructor)

# Important Dates for 2003/2004

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February 21st - March 18th 2005

Eighth week Bobath / Neuro developmental treatment basic course. Part 1 (8 week course) Auckland, New Zealand - \$5000 (see advertisement on page 5)

May 19th - May 21st 2005

Fifth Graz Symposium on Developmental Neurology

Topics Include:

1. Age specific mechanisms and disorders of the developing brain
  2. The effect of spontaneous and induced neural activity on the developing brain.
- email: [christa.einspieler@uni-graz.at](mailto:christa.einspieler@uni-graz.at)

June 6th - July 1st 2005

Eighth week Bobath / Neuro developmental treatment Basic Course. Part 2 (8 week course) Auckland, New Zealand - \$5000 (see advertisement on page 5)



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## Deadlines for Newsletters

End of August - September Newsletter  
End of November - December Newsletter

***Contributions to the Newsletter are always welcomed!***



**Have your details changed?**

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If so contact Lyn Gerke on [lynngercke@abndta.asn.au](mailto:lynngercke@abndta.asn.au)

## Looking for Employment - PLEASE HELP!

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Liz Olie - South African trained physiotherapist with many years of experience working with disabled children in special schools.

I have the basic NDT course and a number of other Bobath refresher and advanced course. The Victorian Physiotherapy Board has stated that I can apply for limited registration which requires that I work under supervision of an Australian registered physio. I have a wealth of experience in the field and would love to find a position in early intervention or with special needs kids.

Thanks, Liz Olie.

Email: [lizoli@alphalink.com.au](mailto:lizoli@alphalink.com.au)

## An update on HEMI HELP

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Hemi Help's website now has an added facility of a message board. If you are treating a child with hemiplegia and need some tips from other professionals, why not as on the board? Or perhaps you have recently tried to advise a parent and felt a bit stuck? Point them in the direction of the board, which we hope will become an invaluable tool in helping understand and treat children with hemiplegia.

Visti: <http://www.hemihelp.org.uk/news.htm> and click on message board.



**Bobath Website:**  
**[www.bobath.org.uk](http://www.bobath.org.uk)**

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### **\* Notice to Members \***

If you have changed your email address, could you please notify Lyn Gercke.

***([lynngercke@abndta.asn.au](mailto:lynngercke@abndta.asn.au) or [abndta@yahoo.com](mailto:abndta@yahoo.com))***

as we are getting a number of emails returned due to the wrong address.

**This is one of our ways of keeping members UP TO DATE ! Thanks**

# Library Update

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- The ABNDTA Library has recently acquired the new Marcia Staymer book. If anyone is interested in borrowing this please contact Sue Bray.
- Has anyone borrowed the ABNDTA Library copy of Alexander Boehme and Cupps book on Normal Development. If so please contact Sue Bray.

## Book Review

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**“Evidence and Art - Merging Forces in Paediatric Therapy”** by Kim Barthel, OTR published by Labyrinth Journeys.

Kim Barthel is a Paediatric Occupational Therapist with experience in working with children since 1984. She is a certified Neuro - Developmental Treatment - O.T. Instructor and is also certified in Sensory Intergration, Myofacial release and Craniosacral Therapy.

Kim Barthel's book reviews all the past and current theories describing motor control. It then goes into the physiology of motor control. In this section of the book Kim describes the physiology of all the important brain systems that contribute to the fine balance that is motor control. Kim manages to describe some complex concepts in simple terms. Kim devotes the next chapter to motor learning where she describes different forms of motor learning (associative non associative, procedural and declarative learning). Kim then describes how motor learning relates to therapy and the physiology behind motor learning. Chapter 5 describes Neuro - Developmental treatment, both historically and the current theories on NDT. This chapter also deals directly with possible impairments that are faced by children with a diagnosis of Cerebral Palsy. Following this is a chapter on “The Art Of NDT”. This chapter focuses on the treatment strategies and some of the adaptive equipment used by NDT therapists to achieve desired outcomes for their clients.

The final three chapters deal with the available evidence and current theory associated with sensory intergration as a form of treatment, the physiology of sensory systems and their application to treatment.

This book provides an easy to read summary of NDT, the theories of motor control and motor learning as well as sensory intergration.

**Cost: \$55 US.** Email: [kimberly@labyrinthjourneys.com](mailto:kimberly@labyrinthjourneys.com) [www.labyrinthjourneys.com](http://www.labyrinthjourneys.com)

## Interesting Website

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- Visit [www.boehmeworkshops.com](http://www.boehmeworkshops.com) for the 2004 schedule of courses. Boehme workshops is a clinically based continuing education provider of seminar and clinical skills. They specialise in providing training, video tapes, and text books with a special focus on children and adults challenged by both congenital and acquired injuries to the central nervous system.
- NDTA nite courses 2004  
Visit the website for more information on courses being run by NDTA this year.  
[www.ndta.org](http://www.ndta.org)



# *New Zealand Bobath Association (NZBA) Inc*

## ***COURSE NOTICE***

### **BOBATH / NEURODEVELOPMENTAL TREATMENT EIGHT WEEK PAEDIATRIC BASIC COURSE 2005**

This internationally recognised certificated eight week post-graduate course on the Bobath approach to the management of children and young persons who have cerebral palsy and allied neurological conditions will be held in Auckland in two parts during 2005. The Bobath/NDT course is an interdisciplinary-based course. It is open to physiotherapists, occupational therapists, speech language therapists, and doctors who are currently working with children who have cerebral palsy, developmental delay, disorders of posture and movement, and allied neurological conditions. Content includes classification of cerebral palsy: neuroscience: neuropathology: motor control and motor learning: functional outcomes and implications: facilitation practicals: supervised hands-on sessions with children: problem solving and analysis, and interdisciplinary aspects related to associated conditions. Applicants will have a minimum of two years experience working with children in this field in order to be considered for entry into the course.

Part One: February 21st - March 18th 2005 (4 weeks)

Part Two: June 6th - July 1st 2005 (4 weeks)

Venue: Auckland, North Shore

Course Fees: \$4,800 NZBA Inc Members  
\$5,000 Non Members  
(A small proportion of an additional cost will be charged for overseas applicants)

Course Tutors: NZBA Inc. Tutors Group, overseas and guest lecturers to be confirmed.

#### **For further information or an application form contact:**

Anne Recordon: [recordo@xtra.co.nz](mailto:recordo@xtra.co.nz)  
Wendy Burrows: [wendy&ian.burrows@xtra.co.nz](mailto:wendy&ian.burrows@xtra.co.nz)  
Carolyn Simmons Carlsson: [kero.oskar@xtra.co.nz](mailto:kero.oskar@xtra.co.nz)

**PLEASE SHARE THIS INFORMATION WITH YOUR COLLEAGUES**

NZBA Inc - Established June 1998

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*(Please pay your  
membership  
if you have not  
already done so!)*

### **New books available**

- Neurodevelopmental Treatment Approach:  
Theoretical Foundations & Principles of Clinical Practice.  
*Janet M Howle Editor in collaboration with NDTA  
Theory Committee order form: [www.ndta.org](http://www.ndta.org)  
Cost: \$85 US*
- Marcia Stammer - 'Posture & Movement in the  
child with cerebral palsy' - Therapy Skill builders.

