



Australian Bobath  
Neuro-Developmental  
Therapy Association (Inc.)  
A0028064N

# ABNDTA Newsletter

June 2006

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## President's Report

Welcome to our first issue of the newsletter from the Brisbane based committee. For the past 16 years ABNDTA Inc has been run by a very hard-working and dedicated committee based in Melbourne. One of ABNDTA's priority goals in recent years was to become a nationalized organization with a national committee rotating through different regions of Australia. At the September 2005 AGM this vision became a reality with the handover and formation of a new national committee based in Brisbane. The committee would like to thank the outgoing Melbourne-based committee for their support in making this transition happen as smoothly as possible. We are especially grateful for the ongoing support and involvement of Sarah Foley, who continues as a committee member as the outgoing president, and Lynn Gerke who continues in the role of administration support. In the transition to the Brisbane-based committee we have had to update and relocate a number of our administration processes and resources including address for correspondence, bank accounts, our website and library. Thank you to all the new committee members who have contributed to organizing these tasks.

The formation of the new committee occurred amidst planning for the very popular and successful Early Assessment and Treatment for Babies and Young Children Workshop presented by JP Maes (Senior PT, Bobath Centre London) and Betty Hutchon (Head Paed OT Royal Free Hospital London). This course was offered in both Melbourne and Brisbane in November and December. Eighty-two therapists applied for the limited 52 available places across the 2 cities. Overall feedback from the course was very positive, especially from parents who brought their babies to the daily treatment sessions. We thank Shail and Megan from the Brisbane course for sharing their feedback in this

edition of the newsletter. Due to the popularity of this course especially in Brisbane, JP and Betty agreed to return to Brisbane in October 2006 to offer it again. JP will also be offering a one week Advanced Facilitation course although he has advised that numbers will be limited to only 10 participants. Unfortunately applications will have closed for both these courses/workshops by the time this newsletter goes to print.

A number of therapists completed their 8 week basic Bobath/NDT training in Melbourne earlier this year. Thank you to Sarah Foley for providing feedback from this course for this newsletter. We would like to congratulate both Katy Caynes (SP) and Kelly Reynolds (PT) who successfully completed ongoing requirements as part of their instructor training whilst on this course. The committee is now in the process of organizing the next 8 week basic course which we hope to offer in Brisbane late 2007-early 2008. We are also looking towards offering a range of other Bobath/NDT workshops as part of a 5 year Continuing Education Plan, including more Introductory Courses as well as Advanced Courses. We hope to include courses and instructors from both Bobath/UK and NDTA. We are always keen to hear from members with suggestions for future courses etc. We are particularly keen to hear from members to assist us to organise courses in other states/cities outside of Melbourne and Brisbane. Please contact us

through the website or via our new PO Box.

Finally I would like to thank members for their ongoing support of ABNDTA and remind everyone that membership renewal is due in the new financial year. An updated membership form is included in this newsletter or can be found on the website.

Lyndal Franklin (President)

WE ARE ON THE WEB

VISIT US AT

[WWW.ABNDTA.ASN.AU](http://WWW.ABNDTA.ASN.AU)

## ABNDTA Committee 2006

### President

Lyndal Franklin

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### National Liaison Officer

Mary-Louise Shearer

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### Instructor group & public officer

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### Library/Website co-ordinator

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### Newsletter Co-editor

Christine Finn

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## Committee Member Profile

### Katy Caynes

Hi everyone, welcome to the first ABNDTA newsletter from the Queensland committee!! I have the dubious honor to be the first committee member to submit a profile. This is what happens when you're unable to attend the meeting when such monumental decisions are made!! Along with my Queensland colleagues I've recently taken on an ABNDTA committee role. It has been a steep learning curve for all of us but an experience that has been both stimulating and rewarding!

I'm the senior speech pathologist of the Cerebral Palsy League of Queensland and am currently undertaking the speech pathology AB-NDTA/Bobath instructor pathway. I have worked at the League over a period of sixteen years with a period of two and a half years off for good behaviour! During this interval I worked in private practice, at the University of Queensland as a clinical supervisor and tutor and in a 12 month locum at the Mater Children's Hospital working with infants and young children. Currently as the CPLQ senior speech pathologist I support speech pathologists and their interdisciplinary teams employed in child and family support programs over five regional centres, two Brisbane metropolitan programs as well as our two state wide adult therapy speech pathologists. I have really enjoyed the teaching and support elements in this role which influenced my decision to undertake the speech pathology instructor pathway.

My first eight week course was way back in 1995 in Brisbane. The course was held at the League and was led by Majorie Adams and Lyn Chandler (NDTA senior instructors). As a speech pathologist this was the most significant professional development event I had ever experienced and its impact upon my clinical practice was far reaching!! My next basic course was an ABNDTA/ Bobath six week course in Brisbane in 2003. This was when I had the honor of learning from Margaret Mayston and the amazing ABNDTA/Bobath Instructor team including Sarah Foley, Kate Bain and Teena Caithness. As an instructor in training I have been required to assist on two other courses including Tweed Heads in 2004 and Melbourne 2006 with invaluable support and guidance from Teena as my supervisor and mentor!! I'd like to thank Teena for her generosity with her time, wisdom and the encouragement she has given me along the way. I have also presented at the two recent Baby Courses in Melbourne and Brisbane in 2005 with my very skilled and experienced colleague Mary Louise Shearer (Speech Pathologist) and look forward to presenting again on the Brisbane 2006 Baby Course. My participation in the planned 2007 Brisbane Basic Course will be one step closer to my final assessment before I am a fully fledged speech pathology instructor. I can see **the light!!**

My time outside of work involves time with family, friends, yoga and a spot of indoor climbing and I love listening to music. Fortunately I didn't have the musical talent to become the next Australian Idol, instead speech pathology and the NDT world beckoned!!

# Continuing Education Calendar

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- "Early Assessment and Treatment for Babies and Young Children Workshop"  
Brisbane October 2006. This course is now full.
- "Advanced Facilitation Course" Brisbane October 9–14, 2006  
See flyer below for more details—this course is limited to only 10 participants
- A Basic Course is planned for late 2007 in Brisbane. Keep checking the website for details or e-mail ABNDTA: [abndta@yahoo.com.au](mailto:abndta@yahoo.com.au)
- For information on Introductory or Refresher courses, check the website regularly: [www.abndta.asn.au](http://www.abndta.asn.au)
- Children's Therapy Conference. Auckland, New Zealand, 27-19 September, 2006.  
(See Timetable and Registration form on pages 8 & 9 of this newsletter)

## Advanced Facilitation Workshop for Bobath/NDT Trained Therapists

### Course Lecturer

Jean-Pierre Maes (Senior PT, The Bobath Centre London). He has a specific interest in Children and Babies with Cerebral Palsy. Jean-Pierre is one of the most experienced NDT-Bobath Tutors, leading and teaching a variety of Basic, Refresher and Advanced Courses about the NDT-Bobath Concept and treatment principles.

**Date:** Monday 9<sup>th</sup> Oct – Saturday 14<sup>th</sup> Oct 2006  
**Cost:** \$1350 ABNDTA members  
\$1400 non ABNDTA members (includes year membership)  
**Venue:** Royal Children's Hospital, Brisbane

Application forms available from ABNDTA website, [www.abndta.asn.au](http://www.abndta.asn.au)

Further contact: [abndta@yahoo.com.au](mailto:abndta@yahoo.com.au)

Closing date for applications is July 10<sup>th</sup> 2006

This six-day course has a strong focus on analysis and problem solving a child's movement limitations. This is a clinical course aimed at developing both theoretical and practical skills, to enhance Bobath/NDT assessment, intervention planning and handling skills.

This course is open to Physiotherapists, Occupational Therapists, Speech Pathologists trained in neurodevelopmental therapy.

Membership  
renewals are  
now due.

Complete the  
membership  
application  
form on the  
back of this  
newsletter or  
download a  
form from the

ABNDTA  
website:

[www.abndta.asn.au](http://www.abndta.asn.au)



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## Feedback

### “Early Assessment and Treatment for Babies and Young Children Workshop”

**Melbourne 28 Nov-3 Dec 2005 Brisbane 5-10 December 2005**

The Melbourne and the Brisbane Bobath / NDT baby courses were a great success, with both courses being fully subscribed. ABNDTA is looking forward to the return of instructors, Jean-Pierre Maes (Senior Physiotherapist, The Bobath Centre, London) and Betty Hutchon (Head Paediatric OT, The Royal Free Hospital, London) later this year to conduct further courses. Thanks to Shail Maharaj and Megan See, from the Brisbane course, for their insights on the week.....



Course participants, Brisbane, December 2005

When friends or family come over with their newborns, I am usually the one slowly sidling away from the throng wanting to hug and cuddle the tiny tot. I feel there is a huge responsibility when handling someone else's child, especially if they are a baby. So when you are in a profession where you not just hold or handle, but treat a baby, that weight of responsibility multiplies and can become oppressive.

Through courses like the Baby Bobath Course, there is a great opportunity to build confidence and clinical skills, as well as develop a network of experienced therapists who treat babies.

For me, the baby Bobath course provided wonderful new learning in preterm assessment and management. It reinforced Bobath/NDT skills and concepts from the eight-week course that I had attended. It also challenged my clinical reasoning and handling skills, by its strong emphasis on practical learning.

An added bonus for me from doing to the Baby Bobath course was the interaction and skill sharing that occurs between the therapists. It is very rare to be able to work side-by-side with experienced therapists in the paediatric field. Following the course, I developed greater confidence and clinical skills in the treatment of babies, as well as having a network of therapist that I can always refer to.

Shail Maharaj.

Not having attended an eight week bobath course, the baby bobath course was my first introduction to formal NDT training.

Although I felt a bit lost for the first day or two, by the end of the course I felt that I not only had an understanding of some of the theory behind Bobath/NDT but also increased confidence in handling and positioning babies and how I could use both my own body and equipment to achieve this.

In retrospect, I can see that having done the introductory course would have been a huge advantage and no doubt I would have felt less 'lost' initially, however it was a very positive learning experience!

Megan See

“Through courses like the Baby Bobath

Course, there is a great opportunity to build

confidence and clinical skills, as well as

develop a network of experienced therapists”



The instructors and organisers of the Brisbane Course

# Babies' brains learn to move to a different beat

Queensland physiotherapists are being trained in an exciting technique that aims to help babies with brain damage maximise their potential.

**Bernadette Condren reports**

THERE'S a quiet buzz of excitement around the physiotherapy centre at Brisbane's Royal Children's Hospital.

Colourful play mats litter the floor and on each is a small group of curious parents, a baby and two or three physiotherapists.

Moving quietly among these groups are two London-based therapists — occupational therapist Betty Hutcheon and physiotherapist Jean-Pierre Maes.

Their purpose? To introduce a group of 26 Queensland physios to the Bobath concept.

And the babies? They have cerebral palsy or some other neurological problem that causes speech, hearing and/or movement difficulties.

The Bobath approach was developed by German couple Berta Bobath and her husband Karel in the 1940s, after they fled their home in Germany to live in London.

Mr Maes said he and Ms Hutcheon were early intervention specialists, treating babies as young as a few days old.

"The Bobath concept is a way of analysing movement, and to use that analysis to help that child fulfil his or her potential," he said.

"If the child has brain damage that means there will be some part of the brain that will not be operating as it should, and the child is left to reorganise himself using what is left, and that potential can be used in many different ways."

Ms Hutcheon said "reorganising" means using the young brain's plasticity to make the most of those areas damaged by cerebral palsy or other neurological damage.

"Magnetic resonance imaging on babies very early — before intervention — and then a second MRI after intervention has shown that the baby's wiring in its brain has changed as a result of intervention," she said.

"Sometimes children are missed. Children who aren't diagnosed until they are two,

three, four years old are already set in very abnormal patterns of movement that are very difficult to change."

The concept can be applied to every area affected by brain damage — and one of its greatest devotees is Queensland Pediatric Rehabilitation Service senior physiotherapist Penny Ireland, who works with children with head injuries at the Royal Children's.

"This concept benefits any child with a neurological impairment," Ms Ireland said.

"Any child who has Down's syndrome, a head injury, has had a tumour removed that has affected their neurological function, kids with cerebral palsy, kids who were very pre-term — we're just finding so many applications in so many areas, and that's why there's such a big interest in the concept."

**"This concept benefits any child with a neurological impairment"**  
Penny Ireland

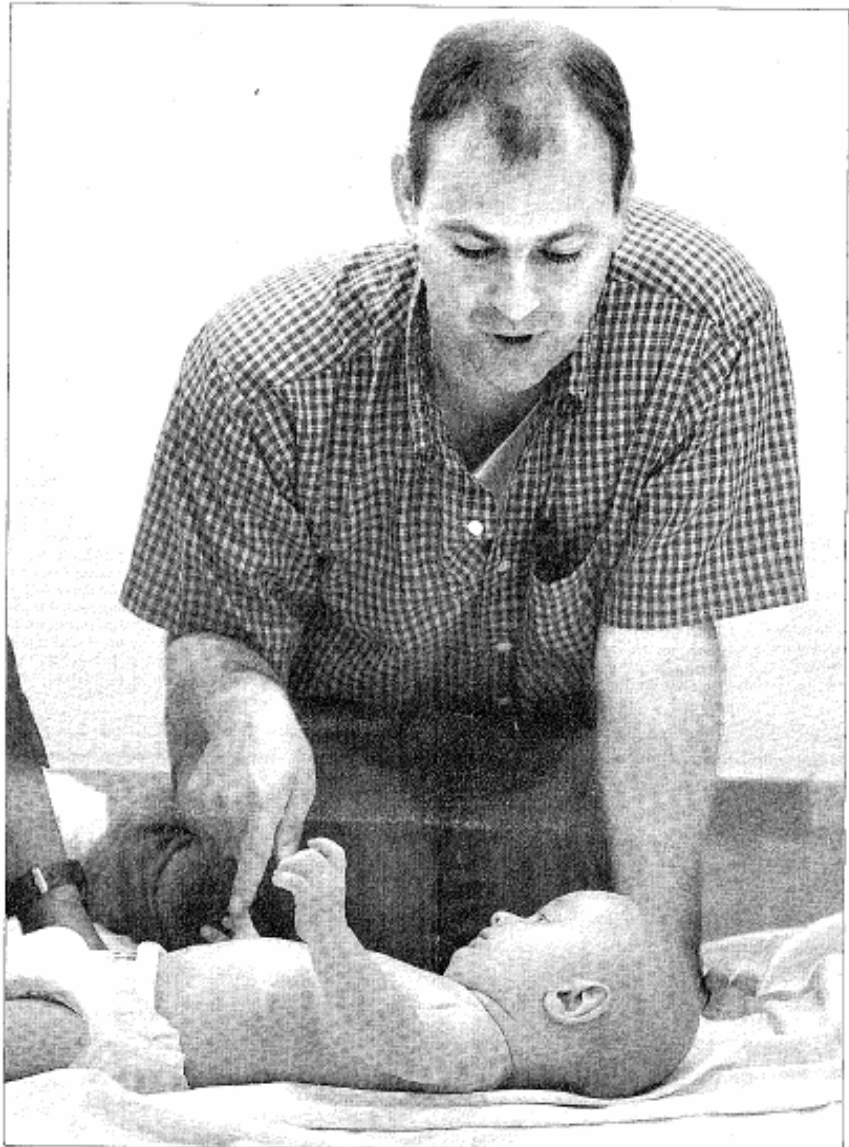
Queensland has been the base for the Australian Bobath Neuro-Developmental Therapy Association since October, when it relocated from Melbourne.

Ms Ireland, who is on the association's committee, said the plan was to rotate the base throughout Australia every four years.

Seen was the enthusiasm of Queensland physiotherapists for Bobath that this state was first to take off the rank for the rotation.

"It's a way of thinking and looking and approaching and then handling the child, so it's very child-focused and family friendly," Ms Ireland said.

**More information: Australian Bobath Neuro-Developmental Therapy Association website ([www.abndda.asn.au](http://www.abndda.asn.au))**



GENTLE touch... physiotherapist Jean Pierre Maes demonstrates the Bobath technique on six-month-old Samuel.

Picture: Nathan Richter

## Therapy offers hope to parents in little steps

**Bernadette Condren**

SAMUEL Escalio has commanded his family's attention from the second he was born — and not necessarily for all the right reasons.

Samuel was born at 36 weeks weighing just 1.8kg. Doctors quickly realised there was something wrong and he was exposed to a battery of tests.

An MRI (magnetic resonance imaging) scan revealed the right cerebellum in Samuel's brain was significantly smaller than it should be. The cerebellum sits between the

top of the brain stem and the bulk of the brain and is responsible for the co-ordination of voluntary movement. When things go awry in this part of the brain, the consequences can be debilitating.

Sam's parents Rob and Christina are still waiting for a definitive diagnosis for their youngest son, now five months old.

"I suspected something was wrong as soon as Samuel was born," Mrs Escalio said.

"He has torticollis (tightness of the neck muscles that pull the head to one side) and high muscle tone, which affects his balance."

The Escalios were part of a select group of parents whose children have cerebral palsy or another neurological disorder who were invited to take part in the Bobath training sessions for physiotherapists at Brisbane's Royal Children's Hospital.

During a one-on-one session with Bobath expert and practitioner Jean-Pierre Maes, Samuel was able — with a great deal of coaxing and support — to align his head and sit by himself and play with toys.

Samuel's achievements will always come in increments, but when his mother saw him sitting up during the

session, she was overcome. "He hasn't been able to sit up and play like that before," she said at the time.

After the session Mrs Escalio said it was "just fantastic" what Mr Maes had been able to achieve with Samuel.

"I was a bit nervous about trying it myself at home, but the next day I went back and spoke with an occupational therapist and a physio and they showed me a couple of things I could do easily," she said.

For now, the Escalios know that Samuel's progress will be slow — or more appropriately, in baby steps.



IMPROVING... baby Samuel with parents Christina and Rob.

## RECENT GRADUATES

Melbourne, home of The Australian Open, Commonwealth Games, Grand Prix and the latest Basic Paediatric Bobath Course. While we had a small group of participants, there was a great range of therapists in attendance with many international and interstate participants all bringing their skills and experience to the course.

Congratulations to Jennifer Archibald, Carol Remedios, Cherie Hazlitt, Jane Sever, Jennifer Jones, Kate Willoughby, Lyndsey Noakes, Tiffany Chan, Emily Ginbey, Libby Lill, Heather Farrell and Jules Gladwin. Others who have completed this course will understand the commitment and hard work required to complete the course. There were many husbands/partners celebrating when we reached 31<sup>st</sup> March and the completion of the course (not to mention my own).

A major component of the course is the treatment practicums and demos, and once again we had a wonderful group of families who dedicated their time in the school holidays to attend these sessions. Some of these families also travelled a fair distance to attend. I extend a big thank you to all the children and families involved.

The teaching team was extensive for this course, providing a vast range of knowledge and experience. We were lucky to have Margaret for 2 weeks, joining us again in the 2<sup>nd</sup> half of the course following her presentation at the AACPD conference. Carolyn also made the journey across the ditch on 2 occasions injecting plenty of energy into the last week of each part (maybe we can arrange for Ikea to sponsor the next course).

I would also like to extend many thanks to others who assisted with teaching on the course, Sarah Foley, Teena Caithness and Katy Caynes. This course also provided an opportunity for Katy and myself to progress further along the instructor pathway which is essential in producing the next generation of tutors.

In addition to the outcomes of the course, I can also confirm 2 pregnancies over the period of the course – best wishes to the Mothers to be.

Kelly Reynolds



## Books for loan to members

Please send loan requests to Librarian.

Postage and packaging apply

Loan period: 1 month



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- Alexander, R., Boehme, R., Cupps, B. - Normal Development of Functional Motor Skills: The First Year of Life
- Blanche E.I., Botticelli T.M., Hallway M.K. Combining Neuro-Developmental Treatment and Sensory Integration Principles: An Approach to Pediatric Therapy. 1995.
- Bly, L. Baby Treatment: based on NDT Principles. 1999.
- Boehme R. Developing Mid-Range Control and Function in Children with Fluctuating Muscle Tone.. 1987.
- Boehme R. Improving Upper Body Control. 1988.
- Boehme R. The Hypotonic Child: Treatment for Postural Control, Endurance, Strength, and Sensory Organization. 1987.
- Brooks V. The Neural Basis of Movement Control. 1986.
- Copley, J., Kuipers, K. Management of Upper Limb Hypertonicity 1999.
- Erhardt, R.P. (Ed.) Parent Articles About NDT 1999.
- Forssberg H, Hirschfeld H. (volume eds.) Movement Disorders in Children: proceedings of the International Sven Jerring Symposium, Stockholm, Sweden 1991. Medicine and Sport Science Vol. 36 1992.
- Rothwell J Control of Human Voluntary Movement. 2nd Ed. 1994.
- Winstock A The Practical Management of Eating and Drinking Difficulties in Children. 1994.

## Videos for loan to members

Please send borrowing requests to Librarian.

Postage and packaging will be charged.

Loan period: 1 month

NB: Videos marked with an \* are also available for sale for \$75 each.

- Open Forum: Motor Learning Theory and the Bobath Concept: 1993
- Boehme Workshops.1991. The Child With Hypotonicity: Treatment for Lower Extremity Awareness & Control.
- Boehme Workshops. 1991. \*Gaining control of the Trunk: Treatment of a Young Child with Spasticity.
- Boehme Workshops. 1991. \*Upper Extremity Treatment of an Adult with Hemiplegia.
- Mental, Emotional & Spiritual Effects of Childhood Disability. Keynote address. Hubert Haberfellner and Ursula Haberfellner (Innsbruck, Austria).
- Developing Oral-motor control through therapeutic handling and oral prostheses: Seminar Highlights, Oro-Motor Symposium, 13-16 November 1994, Melbourne, Victoria.
- The treatment and daily management of children with athetosis and spastic diplegia.
- Teaming with Success: The Bobath Interdisciplinary Approach.

**contact ABNDTA librarian:**

Donna Hipgrave: [donna@hipgrave.com.au](mailto:donna@hipgrave.com.au)



**CONFERENCE REGISTRATION FORM**

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**NAME** \_\_\_\_\_ **PROFESSION** \_\_\_\_\_

**POSTAL ADDRESS** \_\_\_\_\_

**DAYTIME TEL** \_\_\_\_\_ **EMAIL** \_\_\_\_\_

**REGISTRATION FEES (GST incl.)**

**3 Day Conference**  
**Early Bird Registration** (must be received before 21<sup>st</sup> July) \$495   
**Full Registration** \$540   
**Day Registration** \$200   
 Wednesday 27<sup>th</sup> September  Thursday 28<sup>th</sup> September  Friday 29<sup>th</sup> September

**SOCIAL EVENT**

Please indicate if you would like to attend the Conference 'Meet and Greet' on Wednesday 27<sup>th</sup> September 2006, 6-8pm, drinks and canapés provided. \$20

**Full Registration includes:** Conference programme and information  
 Morning and Afternoon teas  
 Lunches

Total Paid \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

**Please make cheques payable to Auckland District Health Board**

**Cancellation**

Cancellation of registration must be made in writing. A refund of fees paid less \$50 is claimable for cancellations made before 13<sup>th</sup> September 2006. No refund of fees will be made after this date.

Please forward registrations to: **Pat Knight**  
**Admin Support**  
**Level 3, Children's Therapy**  
**Starship Children's Health**  
**Po Box 92189**  
**Park Rd, Grafton, Auckland**

Childrens Therapy Conference Timetable 2006

Time:	Wednesday 27th September	Thursday 28th September	Friday 29th September
	0800-0900 Registration 0900-0930 Powhiri and Welcome	0800-0830 Registration 0830-0930 <b>KEYNOTE SPEAKER</b> Betty Hutchon	0800-0830 Registration 0830-0930 <b>KEYNOTE SPEAKER</b> Betty Hutchon
	0930-0950 Morning Tea	0930-1030 <b>Turid Peters: Fiona Miller</b> Acquired brain injury- Is acute assessment valid?	0930-1030 <b>Verity Pacey</b> Transition from hospital to home of LT ventilator dependent children
1100-1140	Clare O'Donnell Congenital heart disease-evolving outcomes & priorities	1030-1100 Morning Tea <b>Janet Milne &amp; Deborah Andrews</b> Transition of the brain injured child from hospital	1030-1100 Morning Tea <b>Simon Rowley</b> Brain development in the first 3 years
1150-1230	Rob Brooks/ Kelly Hughes Neurodevelopmental/ implications of congenital heart disease	<b>Carl Kushel</b> What's in store for pre-term infants, outcomes into childhood	<b>John Beca</b> Brain injury and outcomes in children having cardiac surgery
1230-1330	<b>KEYNOTE SPEAKER</b> Betty Hutchon	<b>Bobby Teang</b> Telling Parents Bad News	<b>Catherine Coups: Carolyn Simmons Carlsson</b> Supervision framework
1330-1430	<b>KEYNOTE SPEAKER</b> Betty Hutchon	<b>Louise Webster</b> Resilience in Children	<b>KEYNOTE SPEAKER</b> Betty Hutchon
1440-1520	<b>Turid Peters</b> Feeding pre-term babies- Can the literature guide practice	<b>Lynette Eaton</b> Family centred care, individual ised care & therapeutic intervention in NICU	<b>Carolyn Simmons Carlsson</b> Supervision contracts <b>Shirley Campbell</b> A critique of balance test in the paediatric disability population.
1520-1540	<b>Va Hunkin &amp; Mahe Sanders</b> The Samoan Model	<b>Fiona Miller Ross Drake</b> Chronic pain in children- Graduated rehab by an interdisciplinary team	<b>Afternoon Tea</b>
1540-1630	<b>Conference Closes</b>	<b>(1) Jan Piggot</b> The use of short duration passive stretch in CP children <b>(2) Annie Kieser</b> Pros and cons of high tech vs low tech upper limb prosthesis in early life	<b>(1) Anita Hurlburt</b> Effect of trauma on acquisition English language in refugee <b>(2) Tanya Tooley</b> INDT & transdisciplinary approach to feeding difficulties

**AUSTRALIAN BOBATH NEURODEVELOPMENTAL THERAPY**

**ASSOCIATION**

AOO28064N

**2006 - 2007 Membership Application**

Name:- .....

Preferred Postal Address:- .....

.....Postcode:- .....

Telephone (Home):- ..... (Business):- .....

Fax:-..... Email:-.....

Preferred Correspondence Email Address:- .....

Qualification:- .....

(Newsletters will be sent out via email – if you would like prefer to receive a hardcopy

Please tick the Box )

**Membership categories:**

New Member    Renewing member

Category 1. Full member (voting member)

Have completed an eight-week A.B.N.D.T.A. recognised paediatric course

Category 2. Associate Member (Non voting member)

Have not completed an eight week recognised course but supports A.B.N.D.T.A and its principles

I am happy for my name to be made available to other members

**Bobath N.D.T. Courses you have completed**

(Please enclose copies of certificates if a new member)

Type of Course	Date	Instructor	Place
Basic 8 week			
Refresher			
Advanced Baby			
Instructor Training			
Other (specify)			

I hereby apply for membership of A.B.N.D.T.A. and enclose my annual subscription

for 1st July 2006 > 30th June 2007 of \$ 49.50 inc GST.

(Cheques made payable to A.B.N.D.T.A. Inc.)

Signed.....

**Please return to:**            Membership Secretary (A.B.N.D.T.A.)

P.O. Box 2240

New Farm Qld 4005