



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

# ABNDTA Newsletter February 2009

## Inside this issue:

President's Report	1
President's Report Continued	2
Library Resource list	3
President's Report Continued	4
Poet's Corner	5
Continuing Education Calendar	6
Feedback from Basic Course Brisbane 2008	7
Therapeutic aquatics workshop information and registration form	8-10
Membership Application Form	11

## President's Report 6/10/08

Lyndal Franklin  
President ABNDTA Inc

ABNDTA Inc has now completed its third year with the Brisbane based committee. Again it has been a very busy and productive year of continuing education and professional development activities. We have had many highlights including the 2008 Basic Course held in Brisbane between January-April with Dr Margaret Mayston. Dr Mayston also conducted a 3 day Neurosciences course during her visit to Brisbane as part of the Basic Course which was also open to and attended by therapists outside of the course.

Continued Page 2

## ABNDTA Committee Members 2008

### President

Lyndal Franklin  
e-mail: Lyndal.Franklin@mater.org.au

### Vice President & Continuing Ed

Penny Ireland  
e-mail: Penny\_Ireland@health.qld.gov.au

### Secretary

Leanne Johnston  
e-mail: ljohnston@cplqld.org.au

### Treasurer

Fiona Anderson  
e-mail: fionaanderson@yahoo.com

### Continuing Education Convenor

Katy Caynes  
e-mail: kcaynes@cplqld.org.au

### Correspondence Co-ordinator & Membership Secretary

Annabelle Marozza  
e-mail: amarozza@cplqld.org.au

### National Liaison Officer & Minutes Secretary

Mary-Louise Shearer  
e-mail: mickml@bigpond.net.au

### Instructor group & public officer

Sarah Foley  
e-mail: heenanfamily@bigpond.com.au

### Library/Website co-ordinator

Donna Hipgrave  
e-mail: donna@hipgrave.com.au

### Newsletter Co-editor

Christine Finn  
e-mail: chrisfinn@optusnet.com.au

ABNDTA is  
delighted to  
welcome two  
new committee  
members:

Tim McGowan

and

Melinda Lewis

Welcome!!

## President's Report

Lyndal Franklin

*Continued from page 1*

*Baby News...*  
*Congratulations to*  
*Leanne Johnston on the*  
*safe arrival of her baby*  
*daughter, Kaitlin*

ABNDTA has responded to ongoing requests for 2 and 3-day Introductory Courses, conducting courses in **Townsville** (August 2007), **Gold Coast** (October 2007), **Devonport** (May 2008) and **Perth** (August 2008) with **Mackay** (November 2008) pending.

Thank you to Penny Ireland and Katy Caynes for their enthusiasm and commitment to the organization and collating feedback from these courses as well as their contribution to co-presenting along with Sarah Foley and Margaret Mayston.

Once again the feedback from these courses has been excellent and snippets of this feedback will be highlighted in the next edition of our newsletter. Other PD highlights include the **Mary Massery's** visit and one-day workshop for ABNDTA committee members, instructors and tutors on Respiration and Postural Control. Thank you to Katy Caynes for collating feedback on Mary's workshop and 3 day course for the presentation prior to this AGM.

Organising future PD events and courses is an ongoing focus for the committee. Currently we are negotiating presenters and locations and planning for courses over the next 3 years which we hope will include: **a Refresher course; Basic Course in Perth; Jane Styer-Acevedo hydro course; basic and advanced courses with Rona Alexander; Baby treatment with JP Maes & Betty Hutchon; Advanced Facilitation with JP Maes.** We anticipate ongoing requests for the very popular 2 and 3-day Introductory Courses.

A very exciting highlight from 2008 has seen **Katy Caynes awarded her title of Bobath Speech Pathology Instructor/Tutor for Australia.** Katy completed her final assessment on the Instructor/Tutor Pathway for Speech Pathologists with Dr Margaret Mayston during the Brisbane Basic Course this year. A wonderful and well deserved achievement – **congratulations Katy!** ABNDTA is most fortunate to have such a talented and dedicated Speech Pathologist on its team of Australian Instructors. Congratulations also to Kelly Reynolds and Penny Ireland who have both completed teaching requirements this year as part of their progression towards becoming Physiotherapy Instructors (Tutors). This financial year ABNDTA provided financial assistance to support Kelly to participate in teaching on the recent New Zealand Bobath Association Basic Course.

Another highlight of 2008 was **Sarah Foley's participation in the international debate on Bobath/NDT** at the AusACPDM conference held in Brisbane in April this year. The debate was in response to Dr. Dianne Damiano's editorial "Pass the torch" published in DMCN in October 2007. All agreed that Sarah's presentation was excellent in highlighting the benefits of the Bobath/NDT approach and its important place in contemporary practice for the treatment of individual's with neurological and neurodevelopmental conditions. ABNDTA's response to Dr Damiano's editorial, also written by Sarah was published in the April 2008 edition of DMCN along with responses from other international Bobath/NDT organizations. Congratulations Sarah on behalf of all those who value and benefit (clinicians, clients and families) from the Bobath/NDT approach.

*"Organising  
future PD  
events and  
courses is  
an ongoing  
focus for the  
committee"*



## Books for loan to members

Please send loan requests to Librarian (see below).

Please send loan requests to Postage and packaging apply

Loan period: 1 month

- 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.
- Forsberg 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 (see below).

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)**

# President's Report

Lyndal Franklin

ABNDTA Newsletter  
February 2009

Continued from page 2

Given the challenges of providing evidence for Bobath/NDT highlighted in Dr Damiano's editorial this year **members of the ABNDTA committee initiated and implemented some preliminary research activities as part of the 2008 Basic Course.**

This research was supported financially by ABNDTA endorsed by the current committee. The aims of these research activities are threefold: 1) to evaluate the learning experiences of participant therapists trained on the course; 2) to evaluate the family's perceptions of the benefits of Bobath/NDT for their children who participated on the course; 3) to evaluate the utility of implementing GAS to measure treatment effects of children participating on the course. Currently data collection and collation is ongoing. The final outcomes of these research activities will be to present the results at future conferences and PD events, and possibly publication. Committee members involved in these research activities are Katy Caynes, Penny Ireland, Mary-Louise Shearer and Lyndal Franklin.

ABNDTA's PD activities for the past year have generated many new members for the association. For the past financial year our membership has grown to 123. During this year **Life Membership to ABNDTA was awarded to Dr Margaret Mayston** in acknowledgement of her ongoing support and commitment to teaching on ABNDTA courses. Margaret joins Sarah Foley as Life Members to ABNDTA.

*"We look forward to establishing close links and communications with our colleagues from Perth who have expressed their interest and enthusiasm for forming the next committee."*

Once again I would like to thank all the ABNDTA committee members for their hard work and ongoing commitment in organizing all our PD events and activities and for their attendance at our monthly meetings. Leanne Johnston as our always so efficient secretary; Fiona Anderson for staying on top of all our finances and Lynn Gerke for admin assistance all the way from Victoria; Chris Finn for compiling the newsletter; Donna Hipgrave for coordinating the website and the library; Annabelle Marozza for managing all the Yahoo emails; Mary-Louise Shearer for managing the membership database; Katy and Penny for coordinating all the PD events; and Sarah Foley in her role as Public Officer.

As we move into our final year as the Brisbane based committee, not only do we anticipate a busy year of PD activities but we will be also be preparing for handover to a Perth-based national committee in the second half of 2009. We look forward to establishing close links and communications with our colleagues from Perth who have expressed their interest and enthusiasm for forming the next committee.

Reflecting back on the past 12 months I feel proud that once again the ABNDTA committee has successfully managed an increasing number of PD activities, along with providing support for an impressive range of other committee and personal achievements. Thank you again to all the very dedicated and hard working members of the committee.



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## Life Membership awarded to Lyndal Franklin

In recognition of her outstanding contribution to ABNDTA as President (since mid 2006 when the committee became Brisbane-based) Lyndal Franklin has been awarded Life Membership to ABNDTA. The announcement was made at the 2008 AGM.

Congratulations on this wonderful achievement Lyndal!!!

## Poet's Corner

A tribute to the Bobath/NDT learning experience.....by Debbie Burmester and Rhys Kennedy

It's the 10<sup>th</sup> of April 2008

Right about now we are feeling rather great.

A journey we have been on, 7 weeks to be exact.

A learning experience like no other – that is a sure fact.

Neurodevelopmental Treatment, Bobath, where do we start?

A little poem to share before we go our separate ways and part.

It started with neuroscience with feed forward and feedback

A wealth of experience in this area, Margaret surely did not lack.

Typical development with Kelly and Penny sure had us clucky and keen,

Through horizontal and vertical development, the truth was all seen.

Week three crept up and the pressure really started,

Clinics, session plans, SMART goals, appropriate play, classification, Tone Influencing Patterns, Key Points of Control, Impairment, Activity, Participation...what the!!!! Can we please facilitate sleep???????

But we kept it together (more or less) and from Carolyn learnt a heap,

Skills on sensory perception, play and task analysis we'll keep.

Week four arrived – there was light at the end for part one,

Custard & marshmallows with Katy, sure did fill our tum.

Sarah was there to motivate us to the end,

A few martial arts techniques with sticks, we all now know how to defend.

Part two came round quickly and before we knew it we were back,

Meeting Anne with a world of knowledge, to fit into our pack.

The projects were fun, common themes running through,

Through case studies, poems, and singing, the commitment was true.

And now the last week has come round in no time,

Many laughs have been had, thank goodness fun is not a crime.

We've had tapping (and slapping) and have learnt the technique of bumming,

Watch out Australia, the 2008 'New Generation' Bobath therapists are coming.

On behalf of the group, I would really like to say,

Thank you to Margaret, Sarah, Kelly, Penny, Katy, Carolyn, and Anne who have shown us the way,

The knowledge and practical skills you have shared right from the very start,

Has been most brilliant and we thank you from the bottom of our heart....

*"A little poem to share before we go our separate ways and part"*

- April 2-3, 2009 Therapeutic Aquatics Workshop, Brisbane  
Jayne Styer-Acevedo (for more details see pages 8-10 of this newsletter )
- August 2009—Refresher Course, Melbourne  
Dr Margaret Mayston and Sarah Foley
- Plans are for Intro Courses to be offered in both Melbourne and Brisbane in 2009

## Looking Ahead.....

### Courses currently in planning:

- Rona Alexander tour Jan/Feb 2010
- Basic Course Perth 2010
- Baby Course & Facilitation Course March 2010

WE ARE ON THE WEB

VISIT US AT

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

The website is regularly updated

- check out the site for details of upcoming Professional Development events

### Recommended Reading...

Arndt, Sherry W; Chandler, Lynette S; Sweeney, Jane K; Sharkey, Mary Ann; Mc Elroy, Jan Johnson

### “ Effects of Neurodevelopmental Treatment-Based Trunk Protocol for infants with Posture and Movement Dysfunction. ”

Pediatric Physical Therapy Volume 20 ( 1 ) Spring 2008 pp11-22

### Standing Tall...

ABNDDTA is proud to have been involved as a sponsor to the “Stand Tall Ball” held during 2008 . The ball was organised by dedicated staff of the Royal Children ’s Hospital, Brisbane , and was very successful in raising much needed funds for equipment for children with Cerebral Palsy.

# Report from Basic Course 2008

ABNDTA Newsletter  
February 2009

Debbie Burmester (SLP) & Rhys Kennedy (OT)

The Bobath / NDT Paediatric Course was run in Brisbane over seven weeks from January to April 2008. We both had the privilege of attending the course, and experiencing a learning opportunity like no other which has shaped us as therapists and enabled us to bring increased knowledge and clinical skills back to our caseload in Rockhampton. It was wonderful to absorb the wealth of knowledge from multiple instructors, learning of the Bobath concept / approach as described by Bobath in 1981 as, "...A whole new way of thinking, observing, interpreting what the patient is doing, then adjusting what we do in the way of techniques – to see and feel what is necessary, possible for them to achieve".

Through review of typical development and hands-on facilitation to promote ones 'own activity', we developed knowledge and practical skills to further enhance the management of children with cerebral palsy, reinforcing the need to problem-solve each child, to maximise their activity abilities, and participation in the home, educational, and community settings.

It has been exciting to return to the region as newly graduated 2008 'Bobath Therapists' to put the learning and practical skills into practice. A 'shared knowledge' has greatly enhanced inter/transdisciplinary teamwork, with the following highlights:

- Enhanced holistic assessment of individual children to design and implement outcome driven interventions.
- Improved ability to set realistic functional goals with families and team members.
- Increased practical skills with respect to 'handling' and 'play', which has enhanced the planning and fluidity of joint therapy sessions with our clients.
- Heightened awareness and knowledge of the NDT approach to educate families and local service providers. This has resulted in education sessions to family assistants working in client homes, as well as to education staff, to provide practical tips that can be incorporated in everyday routines.

We look forward to continuing to share and implement what we have learnt with our team and most importantly our clients, reinforcing,

"What the client can do with some help is his potential" (Bobath, 1978).



Picture (left): Graduates of the Bobath/NDT Basic Course, Brisbane 2008

Debbie Burmester (Speech & Language Pathologist)  
& Rhys Kennedy (Occupational Therapist)  
CPLQ—Child & Family Support Service - Rockhampton



# Fit for Life! – Using the Pool for Health, Fitness and Recreation

Presented by Jayne Styer-Acevedo

## Course Information

This 2-day Neuro-Developmental Treatment based therapeutic aquatics workshop is a course designed for the **health care professional (physiotherapist, occupational therapist, and speech and language therapist)** and paraprofessional currently working in the aquatic environment or desiring to begin work in aquatics in the paediatric setting. A problem-based approach is used to determine the aquatic treatment strategies best suited to the paediatric client; based on their identified functional outcome, the task analysis of that outcome, and the impact of water on their movement. A variety of treatment techniques will be taught to emphasise the strengthening and symmetry of the trunk while activating and strengthening the extremities towards the functional outcome. Safety and swim skills will be reviewed as they can be applied to 'land' function. A treatment demonstration will be used to assist in integrating aquatic and land based interventions. Strong emphasis is placed on the pool to practice the techniques under supervision.

Date: Thursday April 2<sup>nd</sup> and Friday April 3<sup>rd</sup>, 2009  
Time: 9am – 5pm  
Morning sessions – Theory  
Afternoon sessions – Hydrotherapy practical (Bring your togs, towel etc!)

Cost: \$435 (ABNDTA members); \$485 (non ABNDTA members, inc. 12 month membership to ABNDTA)  
Morning tea, lunch and afternoon tea will be provided.

Venue: Royal Brisbane Hospital, Herston

Closing date for applications is Friday March 20<sup>th</sup> 2009. Places are limited.

Further contact: Donna Hipgrave and Melinda Lewis  
Ph (07) 3636 5500 or melinda\_lewis@health.qld.gov.au

This course is open to all health professionals. There are no pre-requisites for the course, however registration with your relevant Professional Board of Queensland is required for the duration of the course.

## Course Lecturer

*Jane Styer-Acevedo* is a Physiotherapist and Paediatric Coordinator-Instructor in Neuro-Developmental Treatment as recognized by the Neuro-Developmental Treatment Association, Inc. and the Instructors' Group of the NDTA, Inc. One of her strengths lies in the problem-based approach to treatment with a very strong background in a variety of water treatment approaches. She is also excellent in integrating aquatic and land based intervention for all phases of intervention from the acute phase, through rehabilitation, and community entry or re-entry towards life long health and fitness.

For further information regarding Neuro-Developmental Therapy visit the ABNDTA website, [www.abndta.asn.au](http://www.abndta.asn.au)



# Fit for Life! – Using the Pool for Health, Fitness and Recreation

Presented by Jayne Styer-Acevedo

## Course Information

This one-day Neuro-Developmental Treatment based therapeutic aquatics workshop course is designed for **parents, caregivers, and family members** of children who wish to have fun in the pool! The morning will be devoted to understanding how water supports and challenges movement through it and understanding movement and sensory challenges that can be addressed through play in the water. Ideas to promote safety and swimming skills will be shared through slides and videotape. Function on “land” will be addressed as it can be encouraged through play in the pool. Experiential learning will be key to the afternoon as we will practice techniques with other adults and your children in the pool. Come prepared for a day of information and fun in and around the pool!

Date:	Saturday April 4 <sup>th</sup> 2009
Time:	9am – 5pm Morning session – Theory (Child minding will be available for your child during this session) Afternoon session – Hydrotherapy practical with your child (Bring your togs, towel etc!)
Cost:	\$150 per parent or caregiver (\$200 for 2 participants from the same family) Morning tea, lunch and afternoon tea will be provided.
Venue:	Royal Brisbane Hospital, Herston

Closing date for applications is Friday March 20<sup>th</sup> 2009. Places are limited.

Further information: Donna Hipgrave and Melinda Lewis

Ph (07) 3636 5500 or [melinda\\_lewis@health.qld.gov.au](mailto:melinda_lewis@health.qld.gov.au)

This course is open to all parents, care-givers and family members. There are no pre-requisites for the course.

## Course Lecturer

*Jane Styer-Acevedo* is a Physiotherapist and Paediatric Coordinator-Instructor in Neuro-Developmental Treatment as recognized by the Neuro-Developmental Treatment Association, Inc. and the Instructors' Group of the NDTA, Inc. One of her strengths lies in the problem-based approach to treatment with a very strong background in a variety of water treatment approaches. She is also excellent in integrating aquatic and land based intervention for all phases of intervention from the acute phase, through rehabilitation, and community entry or re-entry towards life long health and fitness.

For further information regarding Neuro-Developmental Therapy visit the ABNDTA website, [www.abndta.asn.au](http://www.abndta.asn.au)



## Registration Form

# Fit for Life! – Using the Pool for Health, Fitness and Recreation

**Royal Brisbane Hospital**

**Therapists - Thursday 2<sup>nd</sup> April - Friday 3<sup>rd</sup> April 2009**

**Parents/caregivers - Saturday 4<sup>th</sup> April 2009**

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Name and address for tax invoice (if different from above):  
\_\_\_\_\_  
\_\_\_\_\_

Profession: \_\_\_\_\_

Organisation: \_\_\_\_\_

Dietary Requirements: \_\_\_\_\_

Amount being paid: \_\_\_\_\_

Payment Options (please tick):  cheque  bank transfer

***Please note we do not have credit card payment facilities.***

**Please Note:**

- All participants are required to be registered with their respective professional board of Queensland.
- Places on the course will be allocated on a first come first served basis, and will only be confirmed upon receipt of full payment
- Registrations close on **Friday 20<sup>th</sup> March, 2009.**
- ABNDTA retains the right to cancel the course if sufficient registrations are not received by **Friday 20<sup>th</sup> March, 2009.** Full refunds will be provided if the course is cancelled by ABNDTA.
- Full refunds will only be provided to participants who withdraw after **Friday 20<sup>th</sup> March, 2009** if another person is able to take your place.

Please forward this form, with full payment to:

**ABNDTA**

PO Box 2240

New Farm Qld 4005

**AUSTRALIAN BOBATH NEURODEVELOPMENTAL THERAPY**

**ASSOCIATION**

AOO28064N

**2008 - 2009 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 2008 > 30th June 2009 of \$ 55.00 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