

This is Rehab?

Martial Arts as a Therapeutic Intervention in Neurorehabilitation



Presented by

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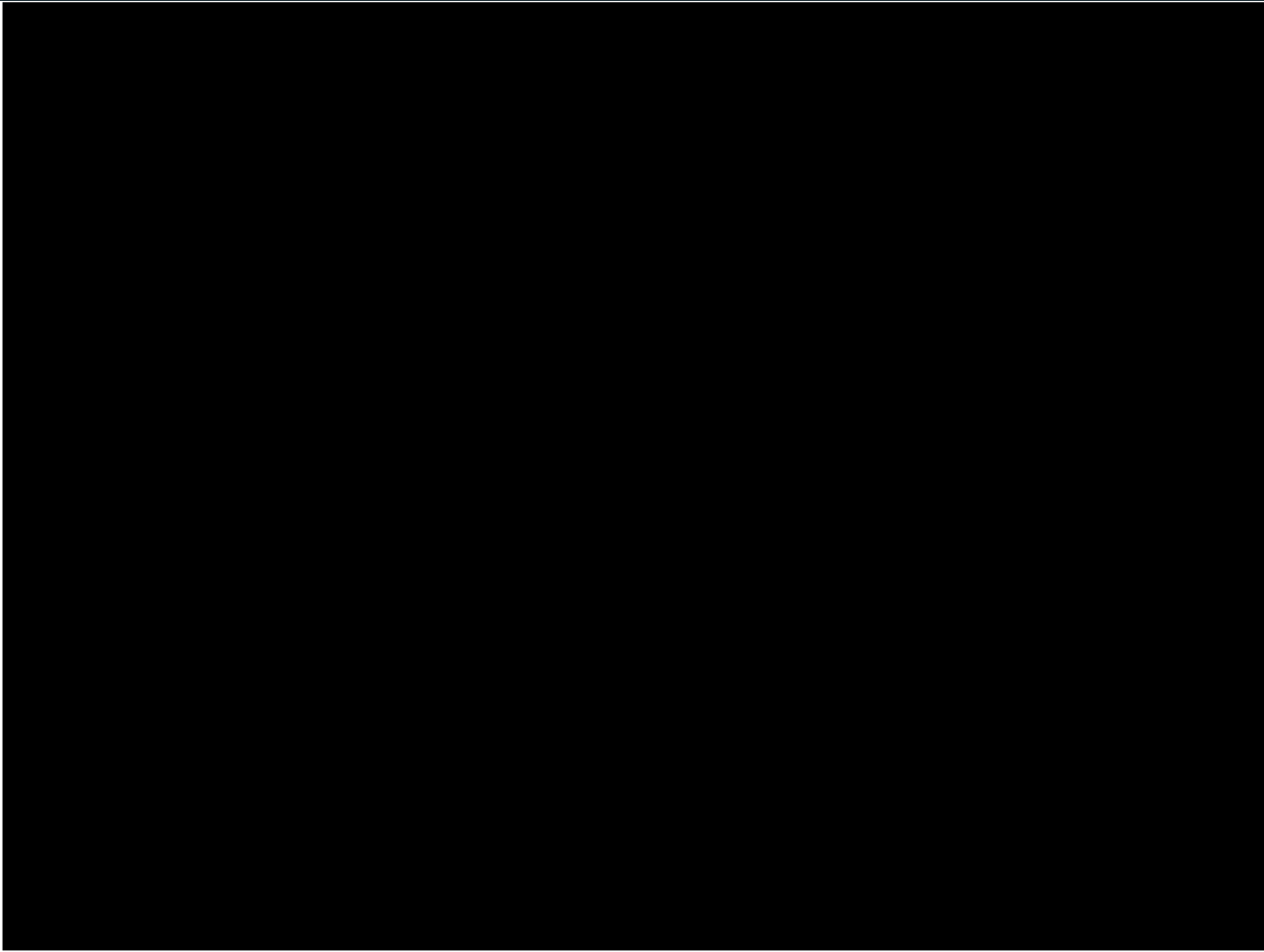
Learning objectives:



Mr. Parrish & Mr. Ganteaume



Demonstration video



Client driven service

Trevor's Master Vaughn of Vaughn's Dojang in Audubon, PA.
Trevor participated in the Special Dragons program.



Issues & adaptations



Martial Arts as therapy

Martial arts can function as a form of therapy. It provides among other things:

1. Physical Exercise
2. Cognitive Skills
3. Consistency
4. Social Skills



Positive action is rewarded



CERTIFICATE of ACHIEVEMENT

THIS ACKNOWLEDGES THAT

Mr. Trevor Larrish

HAS DEMONSTRATED EXCELLENT COMMITMENT TO THE STUDY OF MARTIAL ARTS IN THE
ACADIA MARTIAL ARTS PROGRAM

BY ACHIEVING A 100% ATTENDANCE RATE & HIS PERSONAL GOAL OF
IMPROVING HOLDING BOARDS FOR BREAKING FROM JUNE TO DECEMBER, 2019.

BRACELET LEVEL: GREEN



Brennan Ganteaume

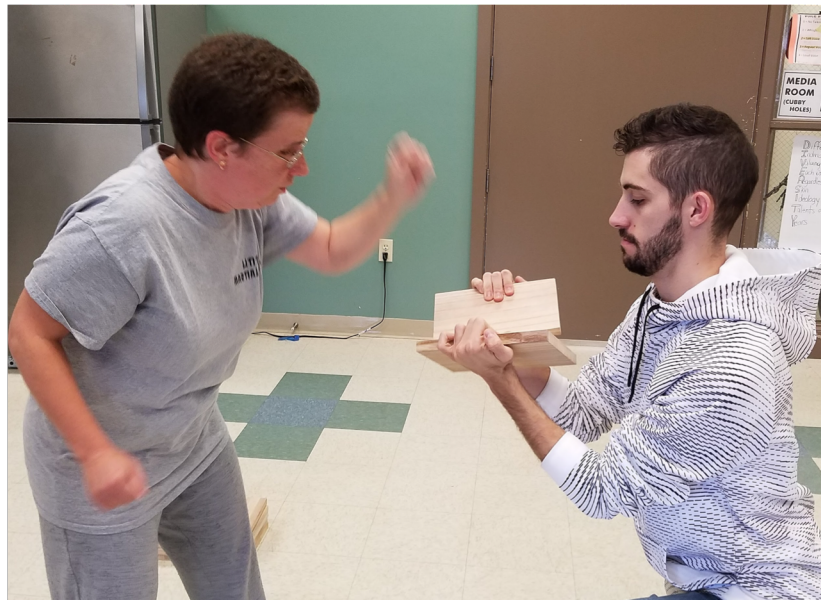
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Maggie Hackman

Date



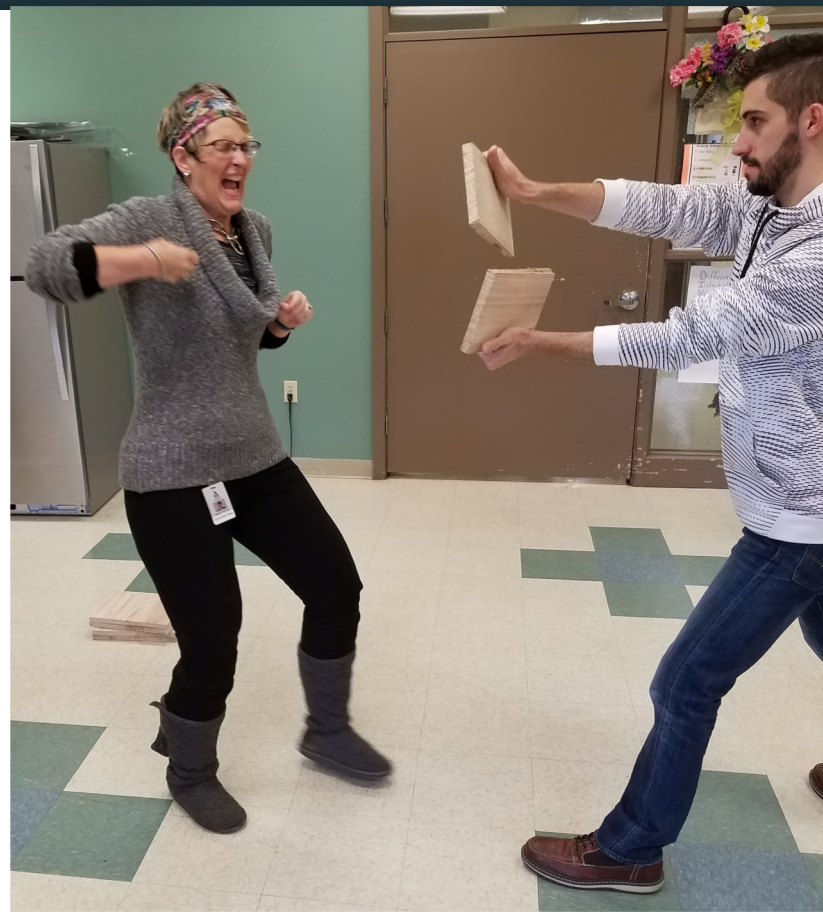
Class rules mirror those for traditional martial arts class



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Other general rules	Rationale	Practiced through
Meanness among group members is not tolerated (good natured teasing allowed at times).	Respect, accountability for self & others, group cohesion.	Modeling, cueing, encouragement, consequences of extra exercise.
Avoid interruptions. Raise hands to get attention & speak when called upon.	Respect,	Modeling, cueing, encouragement, consequences of extra exercise.
No goofiness during meditative time. Have fun, but keep goofiness to a minimum.	Respect, social skills, awareness of time & place.	Modeling, cueing, encouragement, consequences of extra exercise.

DEMONSTRATIONS



Steps to starting a martial arts group

1. Assess interest among clients.
2. Find staff member who is interested in leading the group from a neurological perspective. You may find you have someone on the staff qualified to teach martial arts.
3. Contact local martial arts studios in your area. Explain your agency & your desire to start a program together.
4. Determine student needs to effectively participate.
 - a. Does a client require physical or behavioral support to effectively participate?
 - i. A student may need to remain seated during the class.
 - ii. A student may need to wear a gait belt & have 1-1 staffing to avoid falls during some or all activities.
 - b. May use joining the group as an incentive to making progress on other goals:
 - i. Exercise for a particular number of times to show commitment to full participation in group.
 - ii. Show ability to maintain positive behavior for particular time period.



Money matters



DEMONSTRATION: Attention





Outline

- 1) Client-driven service concepts
 - a. Client's solution to his own behavior management.
 - b. Exploratory process with client leading to the beginning of group for himself & his peers.
- 2) Rationale for self-defense training as a therapeutic activity
 - a. Self-management: discipline, responsibility
 - b. Attention training
 - c. Physical exercise
 - d. Teamwork
- 3) Review of Tang Soo Do training by Brennan & how this is adapted to the needs of the group members.
- 4) Demonstration video: group developed & narrated
- 5) Lessons learned
- 6) Questions & answers