



Dr. Patty Shackleford offers academic and emotional therapy using her 40 years of educational and psychological experience incorporating movement, integrated whole brain learning techniques and nutritional wellness which makes reaching our innate potential much easier. Dr. Patty is a certified

MNRI® Core Specialist, MNRI® Instructor, Brain Gym® Consultant/Instructor, a licensed School Psychologist and Mental Health Counselor in Florida and National Certified as a School Psychologist, with a Ph. D. in Psychology. She is an Arbonne Independent Consultant sharing products which are pure, safe and beneficial. Dr. Patty offers group and individual classes to parents, teachers, therapists (OT, PT, SLP) and businesses on how to improve learning, productivity, behavior and increase communication skills using scientifically proven body and reflex movements and wellness information. The understanding and hands on experiences taught in these sessions will help individuals of all ages to reduce stress, enhance performance in the classroom, work place, sports, music, art, creativity and many other areas. Dr. Patty uses the MNRI® Masgutova Method and offers nutritional training in her therapy sessions.

Dr. Patty has presented at international events and draws from over 40 years of clinical experience working with infants, children, adolescents and adults. She has been a classroom teacher and administrator for both regular and special education, as well as a Licensed Mental Health Counselor for Early Head Start and Head Start. Dr. Patty loves to present workshops/seminars for parents, educators, psychologists, mental health providers, therapists (OT, PT, SLP), and private business based on Dr. Svetlana Masgutova's neurosensorimotor reflex integration programs (MNRI®), Brain Gym® movements and nutritional wellness information.

Dr. Patty offers private therapy sessions to help individuals of all ages maintain balance and harmony in their lives and to move into positive developmental growth in the physical, emotional, social, academic and cognitive areas. Dr. Patty and her husband Paul are co-owners of PK Concepts, Inc.



Frequently Asked Questions:

Do you have documentation proving the positive results of your treatments?

Dr. Masgutova developed and worked with the MNRI® beginning in 1989 in Russia and Poland. Most journal articles are written in Russian or Polish and have not yet been translated. These articles and many more references to the positive results seen after treatment can be found at www.MasgutoaMethod.com under articles and testimonies.

Do you accept insurance?

Dr. Shackleford is an out-of-network provider for Blue Cross. While she does not accept insurance at her office, she can provide the information needed to self-submit insurance requests.

Do I need a referral to schedule my first appointment?

No, referrals are not required to set up an appointment.

Describe a typical session.

Clients and their families are interviewed to discover what they report as their strengths and weaknesses. At the first session and at regular intervals an assessment of the basic reflex patterns will be completed along with other necessary evaluations. This information is used to establish a goal for the session. A specific integrating exercise process is determined based on this information.

Each session will last from 55-75 minutes. A home program will be given to the client and family to be followed for 5 days a week.



Do you offer other academic or psychological testing?

In years past, Dr. Patty offered psycho-educational assessments. However since incorporating the MNRI® processes into her therapy method, she no longer feels that these assessments bring in the information necessary to develop a positive, non-invasive plan towards growth and development.

Dr. Patty offers individualized, non-invasive programs for all ages who demonstrate challenges with:

PTSD, Depression, Anxiety, Excessive Worry and Fear

Developmental Challenges

School Failure, Low Motivation, Dyslexia

Delayed Intellectual and Emotional Development

ADHD/ADD/Autism/ASD

Academic Delays

Down syndrome and Other Genetic Disorders

CP/TBI/Physical Impairments/ Stroke/Motor Delays

Symptoms of Aging



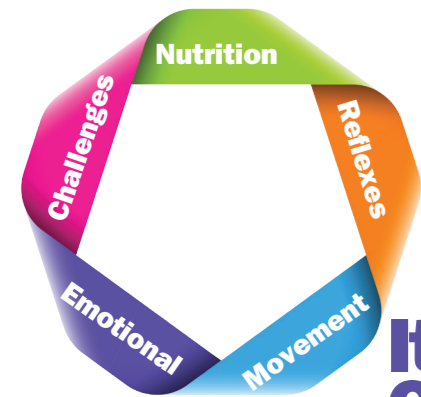
*Licensed Mental Health Counselor (MH5805)
and School Psychologist (SS 475)
Nationally Certified School Psychologist
MNRI® Core Specialist and Instructor
Brain Gym® Consultant and Instructor*

352.745.0824 • drpattypkc@gmail.com

**Connections:
Movement, Reflexes & Nutrition =
Learning & Growth**

Brain-Body connections when properly linked, improve movement, communication, organization, concentration, lower stress levels and overall health and well-being.





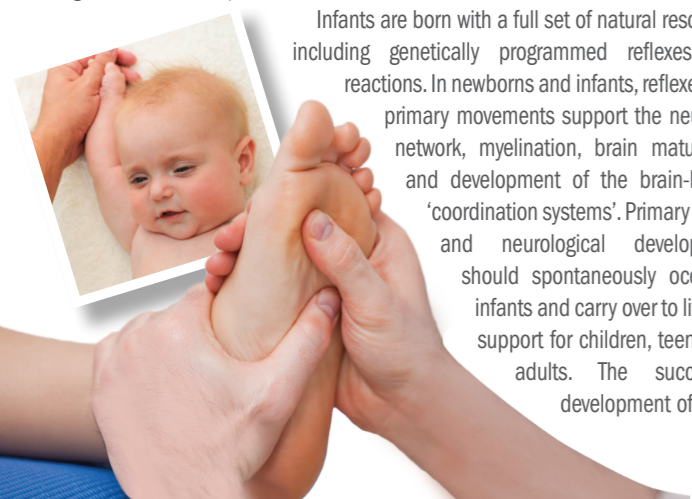
It's ALL Connected!

The body is a marvelous work of art. When it is healthy all parts of the brain and body work together like a well-trained orchestra and move together with ease. When there is a disconnect in any of the many parts of the brain and body connection, then dis-ease may be noticed as a physical, emotional, social, academic and/or cognitive dysfunction. Thanks to the gift of MNRI® reflex integration programs, developed by Dr. Svetlana Masgutova, reflex pattern integration functioning becomes easy, stress is released, and life is lived on a more harmonious level. In this therapy process, each individual is evaluated to determine which reflex or reflexes need support to build a firm brain-body connection. When the body experiences safety, it is free to explore, grow, and develop higher and more efficient pathways leading to natural, positive development and maturation.

Reflexes

Innate primary movements and reflex patterns are key elements of human development expressed by every individual. Each reflex has its own developmental dynamics and role in the brain-body's physical, emotional and cognitive development. Delayed maturation and delayed integration of these reflex patterns can disrupt the successful development of the next level of growth and development.

Infants are born with a full set of natural resources including genetically programmed reflexes and reactions. In newborns and infants, reflexes and primary movements support the neuronal network, myelination, brain maturation and development of the brain-body's 'coordination systems'. Primary motor and neurological development should spontaneously occur in infants and carry over to lifelong support for children, teens and adults. The successful development of reflex



patterns is necessary for positive growth of all learned skills and abilities including: reading, writing, math, balance, physical development, positive emotions, social skills and self-regulation. Certain events that may occur in utero, at birth, or later in life, may cause a child or adult to experience stress and/or trauma that delay their ability to effectively use these reflex patterns. When this happens the body reverts back to using ineffective infant reflex patterns. The system of reflex integration used by Dr. Patty was developed by Dr. Svetlana Masgutova and is called the Masgutova Neurosensorimotor Reflex Integration (MNRI®). One key element in the MNRI® program is that every reflex includes a genetic motor code necessary for positive growth and learning. The concept of reflex pattern integration differs from the traditional concept of inhibition of persistent or incorrect functioning of a reflex. The MNRI® Program of reflex integration involves natural noninvasive movements that can be easily learned by parents, caregivers, teachers, and therapists.

Movement and Learning

Reflex patterns are the fundamental neurological building blocks for all learned movement and skills. They influence the development of the brain and many cognitive, physical and emotional processes as we mature. The integrating, non-invasive exercises used in the MNRI® programs presents re-patterning procedures which provide a precise stimulus (sensory or proprioceptive) to activate the reflex. Next an in-depth motor experience of the reflex pattern creates a more efficient neurological pathway. The process of using MNRI® exercises will impact neurological maturation as well as the



intentional and controlled movement systems. The repatterning exercises used in the MNRI® program improve functions in the areas of sensory input, motor coordination, emotional stability, physical activity and self-regulation. These repatterning integration exercises are based on theories of learning, primary movement and the concepts of movement-based learning.

Emotional

Anxiety, stress, PTSD and other social/emotional traumas are prevalent in infants, children and adults of all ages. Any negative stress or trauma triggers a protective response from the brain and has a significant effect on physiological automatic survival responses. Dr. Patty's therapy is based on the concept that reflexes are the body-brain's response to a stimulus. These responses exert a protective function against stress and danger that triggers neurophysiological changes and negative development. Triggered survival responses can be anchored in the body and become a 'chronic means' to feel stressed in order to continue 'to live'. Dr. Patty offers a stress release program based on a recovery intervention using reflex integration to channel brain stem anchors for positive survival and transitions to a safe, healthy and 'here and now' experiences.

Challenges

Dr. Patty offers sessions for infants, children and adults who need to improve their communication, organization, concentration, physical movements, social skills, academic development, self-confidence and self-regulation. Learning to move and take in new information becomes easier and makes the selection of positive choices more effective. The repatterning integration exercises are highly effective for such challenges as:

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| Motor and Balance Disorders | Autism and ASD |
| Stress and Anxiety | PTSD |
| Oppositional Defiance Disorder | ADHD/ADD |
| Executive Function Disorders | Down syndrome |
| Dyslexia and Dysgraphia | Learning Disabilities |
| Expressive/Receptive Language Delays | Strokes |
| Fetal Alcohol Syndrome | Cerebral Palsy |
| Symptoms of Aging | |

Nutrition = Health and Well-being

Eat Clean, Detoxify and Develop Healthy Habits!

"Health is not valued until sickness comes"
~ Dr. Thomas Fuller



Dr. Patty offers a nutritional plan to help decrease the toxic overload and increase health and well-being. Some symptoms of toxic overload include hyperactivity, inability to concentrate, foggy thinking, depression, allergies, and ASD. Many people do not realize that 40% of the body's serotonin, responsible for maintaining mood balance, is made in the gut. Many neurological disorders as fatigue, foggy thinking, poor academic growth, lack of self-regulation, excess weight gains, skin infections, allergies, metabolic syndrome (insulin resistance, hypertension and/or high cholesterol) indicate possible nutritional deficiencies that CAN be reversed. When healthy nutrition is adopted a direct connection between the neurosensorimotor wiring of the brain-body system is improved. The need for nutritional healing is not readily discussed with families. Drs. Deanna Osborn, Nicholas Perricone, Russell Blaylock, Mark Hyman and others trained in integrative medicine offer information on the power of food for health and discuss what dis-eases can be positively changed with eating clean foods, increasing nutrient intake, and eliminating allergenic and addictive foods.

More information on nutritional information on health and well-being is located at www.30days2fit.com.

Dr. Patty is available to provide information on nutritional programs which assist with positive growth in the areas of physical, emotional, social, cognitive and academic development.

