



15 November 2013

To those who are interested in RMT

It has come to my knowledge that an autistic child training center in Hong Kong recently sponsored a course of Rhythmic Movement Training (RMT) taught by a Malaysian lady. I have read the information flyer for the course. While the flyer states me as the creator of RMT, it gives a description of the method which is far from accurate and even misleading and not according to what I teach.

The statement that RMT is based on reflex actions during different stages from fetus to childhood and that the rhythmic movements are designed to reintegrate the information received, conveys the false idea that RMT is basically a method for integration reflexes. Kerstin Linde, who originally developed many of the rhythmic exercises that I teach, worked with infant movement patterns. Their function is mainly to give the brain necessary prerequisites to mature and function properly through the stimulation and development of the senses which the rhythmic movements cause. She even stated that she did in fact not work with reflexes even if she could observe them in her work.

The connection between the rhythmic exercises and primitive reflexes was later described by me and introduced in the level 1 and 2 manuals of RMT that I wrote.

However, in my teaching I have always been careful to emphasize that RMT is not just another method for integration of primitive reflexes because such a notion would make the practical application of the method much less effective especially when dealing with small infants and children and adults with brain damage and to some degree in most other conditions.

Another misleading statement in the flyer is that RMT is particularly suitable for people with ASD. In my experience this is normally not correct. Since more than 20 years I have extensive experience of working with RMT with children and adolescents on the autistic spectrum and I have seen how problematic RMT may be working with these clients. I have learnt that only if special requirements are fulfilled can these clients have real benefit from RMT. During the last years I have developed methods how to use RMT with autistic clients and written a book about RMT and ASD, which is being translated into English. Now I also teach a special course of Rhythmic Movement Training in Autism in which I share my experience of how to work with clients on the autistic spectrum in order to obtain optimal results with RMT.

Because I have not taught any instructor classes in several countries many students and instructors of RMT are not familiar with my teaching, including that Malaysian lady who taught the said class advertized. She is not the Blomberg Rhythmic Movement Training instructor and the courses she taught will not be accredited by me. Additionally I conclude from the invitation to her course in Hong Kong that there are actually misconceptions about the basic principles of RMT as I have developed it.

I find these shortcomings disadvantageous for students who learn RMT in order to work especially with autistic children but also children with other disorders like ADHD, cerebral palsy, stroke, and delayed speech development. In these disorders a proper understanding of the basic principles of RMT and a proper application of RMT as I teach it is necessary in order to obtain good results.

In order to mend this situation and give students of RMT an opportunity to learn the theories and practice according to what I teach I have decided to form the organization Blomberg Rhythmic Movement Training® in which I can make sure that the methods taught are effective and founded on the theories I have developed and a correct practical application of them. You can find information about my courses on my English Website www.blomberggmt.com or on www.blomberggmt.asia

Best regards

A handwritten signature in blue ink that reads "Harald Blomberg". The signature is written in a cursive style with a large, sweeping flourish at the end.

Harald Blomberg
Founder of Blomberg Rhythmic Movement Training®