

The Moro Reflex: Addressing Reflex-Based Stress Responses

Workshop Overview

Children who **overreact to changes, loud sounds, transitions, or touch** may be experiencing an unintegrated **Moro primitive movement pattern**—a primitive startle response that should naturally resolve in early development. When it doesn't, it can lead to chronic fight-or-flight behaviors. In this workshop, participants will learn how to recognize the signs of an active Moro pattern and use **hands-on, non-invasive techniques** from the Thrive Method to help children feel safer, calmer, and more in control.

Who Should Attend?

- ✓ Occupational Therapists
 - ✓ Physical Therapists
 - ✓ Educators & Mental Health Professionals
 - ✓ Parents & Caregivers of children with behavioral or emotional challenges
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What You'll Learn

-  How the Moro reflex affects behavior, emotional regulation, and sensory responses
 -  Signs of an unintegrated Moro reflex in children
 -  Practical strategies and body-based tools to support reflex integration
 -  How the Moro reflex contributes to emotional outbursts, anxiety, and overreactions
 -  Techniques that help children feel grounded, secure, and more flexible in their environment
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Workshop Details

-  Duration: Customizable (typically 2–6 hours)
-  Format: In-person or virtual
-  Email: info@thethrivegroup.co
-  Websites: www.thethrivegroup.co | www.otinyourpocket.com

 *Go beyond behavior—discover how addressing the Moro primitive movement pattern can unlock emotional balance and stability.*