

# LEAP® - Training Overview



The LEAP Brain Integration courses, developed by Dr. Charles Krebs, are presently undergoing structure and delivery changes. Originally there were seven (7) modules in the LEAP Brain Integration series. We are in the process of adjusting them, so the courses are shorter, easier to deliver and to attend. The handouts and manuals are revised and updated to add more colour.

The modules have now been divided into different training streams. The first stream is called the **Leap Foundation Training**, also known as FT 1-4. Upon completion and assessment of these first four (4) courses in the Foundation series, you will be certified and may promote yourself as a LEAP Foundation practitioner.

These first four courses in the Foundation Training series are made up of the previous Brain Integration 1 (BI 1), part of Brain Integration 2 (BI 2) and the Brain Integration 1b (BI 1b) Glial Cells courses.

After completing the **LEAP Foundation Training**, there are two streams that you can follow:

1. The **LEAP Health** stream - contains the Environmental Factors course.
2. The **LEAP Learning** stream - contains the rest of the Brain Integration courses including the rest of BI 2, BI 3, BI 4 and the original Leap Learning.

The accompanying information explains more of what is included in both the original LEAP courses and the new versions. Please note only the Foundation Training FT 1-4 components have been updated. The original Brain Integration courses are still current and available until the updates are completed.

If you wish to fast track your LEAP journey, the Brain Integration 2, 3, 4 and 5 courses plus the Environmental Factors are videoed and available for purchase until such time they are replaced by the updated courses. We will keep you updated as to the progression of future updates.

After the new courses are released, you will not be able to purchase the original versions of the LEAP courses. They are still valid and any of the original Leap courses that you have done or still wish to do will count towards the new releases.

Please see below for information on the Foundation Training course contents and also the LEAP Practitioner Training and Instructor Training pathways.

LEAP is undergoing major changes in program structure and delivery. The first part to be completed is the **LEAP® Foundation Training (FT)**. This 4-part series begins with FT 1.

**LEAP-FT 1 *Brain Integration & Stress***, a 4-day workshop introducing the overall structure and function of the brain. We look at the major cortical integration as well as the major commissure of the brain, necessary to maintain Brain Integration. We also introduce Acupressure Formatting to access stress in these structures and balance their function.

**LEAP-FT 1** also introduces the concept of Survival Switching and Deep Survival Switching and their relationship to the function of the Amygdala that controls our Fight or Flight Reactions along with the Acupressure Formatting to access stress and balance the factors underlying this Survival Switching. Indeed, many of the problems we find difficult to resolve in our lives, including Learning Problems, are a direct result of this Survival Switching. This workshop also introduces the LEAP® Model of Learning - why we have Gestalt and Logic "Lead" functions, not Right and Left Brains.

**LEAP-FT 2 *Survival Systems*** is a 3-day workshop that delves deeply into the structure and function of the Brainstem and the primary systems underlying our physiological, psychological, and behavioural function. It is these powerful brainstem systems such as Periventricular Survival System (PVSS) that provide for our physiological homeostasis, physical and psycho-emotional survival, allow us to filter the relevant data from the sea of incoming sensory sensations swamping our nervous system, maintain our orientation in space, and control our posture and movement. Each system is covered in-depth and how each system relates to our physical, emotional, and mental performance.

In **LEAP-FT 3 *Glial Cells***, the third 4-day workshop of LEAP FT training, we explore the neurology in more detail with particular focus on the role of the Glial cells – a key player in Brain integration along with the Cortical Integrative areas and Pathways involved with speech and comprehension.

**LEAP-FT 4 *Mental & Emotional Modulation***, the final 3-day workshop of LEAP Foundation Training, covers more exciting and amazing systems of the brain such as the Reticulating Activating System (RAS). You are also introduced to the Emotional and Mental Modulatory Circuits of the Cerebellum that modify your behaviour in survival and socially oriented ways when not disrupted by various stressors. Again, there is in-depth Acupressure Formatting to access stress and balance these important basal brain functions so important for our survival and learning. We explore how to integrate the PVSS (Periventricular Survival System), and EMC Connectivity.

## Summary of LEAP Foundation Training Content

### LEAP Foundation Training 1 (4 days)

#### *Brain Integration & Stress*

- Switching–Survival & Deep Survival
- Thalamic Reticular Switching (TRS)
- Corpus Callosum
- Celestial Circuit
- Amygdala

### LEAP Foundation Training 2 (3 days)

#### *Survival Systems*

- Periventricular Survival System Deep Switching - *Why Difficult Issues are Difficult!*
- Anterior Commissure – Cortical & Limbic x 3
- Trust & Appreciation
- Hippocampal Commissure – with Fear Statements
- The 3 Floating Pillars

### Old Brain Integration 1a (5 days)

- Switching –Survival & Deep Survival
- Thalamic Reticular Switching (TRS)
- Corpus Callosum
- Celestial Circuit
- Amygdala
- *Anterior Commissure – Cortical & Limbic x 3 with emotions*
- *Hippocampal Commissure - Fear Statements*

### Old Brain Integration 2 (6 days)

- Periventricular Survival System Deep Switching - *Why Difficult Issues are Difficult!*
- The 3 Floating Pillars
- Reticular Activating System (RAS) - *Paying attention to what is important.*
- Vestibular System – Orientation in Space
- Cerebellum: Its role in Equilibrium
- Cerebellum: Its role in Modulating Movement
- Cerebellum: Its role in Modulating Emotion
- Cerebellum: Its role in Modulating Thinking

# LEAP<sup>®</sup> - Training Overview

## LEAP Foundation Training 3 (4 days)

### *Glial Cells*

- Cortical Integrative Areas & Pathways
- Thought Fields
- O<sup>2</sup> Stress
- Neurology Intro & Glial Cells
- Neuron control, fire and speed providing brain synchrony – *the basis of Brain Integration*
- Emotional, short / long term stress effects on Glial Cell Neurotransmission
- Environmental toxins and brain reactions
- Peripheral Nervous system
- Myelination in the Peripheral and Central Nervous Systems
- Our brain immune system & *more!!*

## LEAP Foundation Training 4 (4 days)

### *Mental & Emotional Modulation*

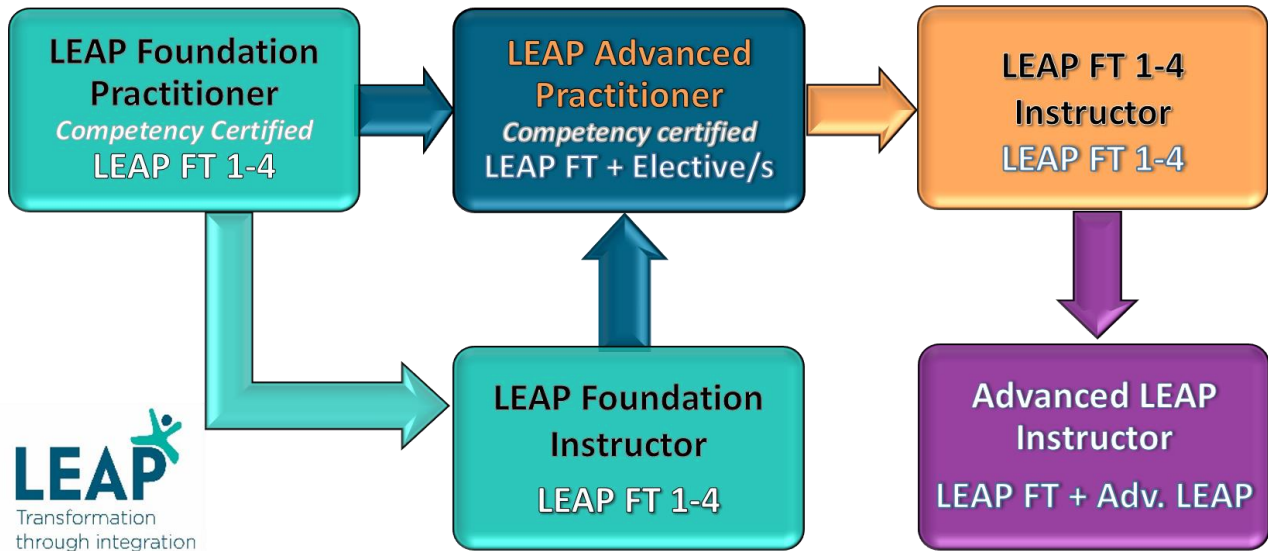
- The Reticular Activating System (RAS)
- The Cerebellum - General Anatomy And Connectivity
- The Emotional & Mental Modulatory Circuits of The Brainstem and The Limbic System
- Thalamic Connectivity and Functions
- Nervous System Development
- PVSS (Periventricular Survival System), EMC Connectivity

## Old Brain Integration 1b (4 days)

### *Glial Cells*

- Cortical Integrative Areas & Pathways
- Forming the Blood Brain Barrier
- Memory set down and loss
- Our brain immune system
- Brain environmental regulation
- Peripheral Nervous system
- Myelination in the Peripheral and Central Nervous Systems
- Emotional, short- & long-term stress effects on Glial Cell Neurotransmission
- Environmental toxins and brain reactions
- Neuron Control, fire & speed providing brain synchrony-the basis of Brain Integration
- All the components now in LEAP FT 3

## LEAP Practitioner & Instructor Pathways



## LEAP Electives

There are three (3) specialized & comprehensive **LEAP training streams** to resolve Specific functional and physiological problems. These individual modules, upon completion of training & achievement of competency for a minimum of 1 module, then qualify for **Advanced LEAP Practitioner status for that particular /specific module.**

### **LEAP Learning** (comprising of 4-5 modules)

**In depth Auditory, Visual, Vestibular, Cerebellar & Memory systems along with repatterning and putting it all together for assisting in Specific Learning Difficulties.**

**Comprising of LEAP content previously found in:**

#### **Old BI 2**

- Vestibular, Cerebellar

#### **Old BI 3**

- Auditory, repatterning, LEAP Brain integration exercises
- Visual, Auditory/Visual/Kinesthetic Systems

#### **Old BI 4**

- Anatomy & Physiology of the Memory Systems incl. Working Memory, Hippocampus & Parahippocampus. The neurology and function of aspects of the Explicit or Conscious Memory System including the Reward and Punishment systems are covered in-depth. BI 4 also introduces a single Brain Integration Correction Protocol, allowing rapid correction of many aspects of learning and memory problems.

#### **Old LL**

- Core Concepts of the Cognitive Functions underlying Reading, Writing, Spelling & Mathematics.
- Understanding Perceptual – Motor Development – *How to know what Problems need to be addressed.*
- Assessment Protocols for Visual, Auditory, spatial, reading, writing, maths defusing Negative Attitudes, Behaviour & Sensory checklist & Medical history.

### **LEAP Health (Environmental Factors)**

**Learning to identify & balance Environmental Factors such as:**

- Hydration Stress
- Electromagnetic Radiation Stress
- Stress from Allergies, Sensitivities, and Intolerances
- Toxins & Vaccination Stress
- Diet and Nutrition to support Optimum Brain Integration
- Geopathic Stress and Brain Integration

**& more that may affect Brain Integration & well-being.**

### **LEAP Performance** (in development)

**Learning to identify & balance factors that affect performance in Sports, Music, Dance, Public speaking, and any performance related fields.**