

Central Nervous System Input:

An OT
Training Program



**Courses that
Build-Off Each
Other to Reach a Full
CNSI Certification**

CNSI 1:

Evaluating and Exercising the Brain (15hrs of CEU)

- Review the hierarchy and basic pathways of the CNS.
- Associate patient symptoms to brain dysfunction.
- Asses the brain for weakness:
 - Cerebellum & Lobes: frontal, parietal, temporal, occipital.
- Incorporate evidence-based brain exercises into your POC.
- Receive resource binder & templates.
- See significant improvements in patient outcome.
- Become registered as a CNSI practitioner- level 1.

Presented by Danielle Nelson, MS, OTR/L
Owner of Brain Bright Therapy

Register
by scanning
below or visiting
www.cnsitherapies.com



Cutting-Edge Therapy Approach for all patients.

Therapy designed to treat the root cause of symptoms by helping the brain run as efficiently as possible.

Same Occupational Therapy Goals, New Advanced Approach

Increase independence in daily life by improving the brain's ability to control:

- Attention
- Memory
- Balance
- Anxiety
- Sensory Processing
- Impulses
- Coordination
- Frustration/Anger

CNSI 1: Evaluating and Exercising the Brain (15hrs of CEU)

CNSI Course 1 Objectives

1. Review Neuroanatomy and Basic Function of CNS Regions:
 - a. Regions:
 - i. Cerebellum- balance, coordination, learned motor tasks. Most motor input travels through the cerebellum.
 - ii. Parietal Lobe- Where am I in space? Proprioception, visual-spatial, visualization
 - iii. Temporal Lobe- Perceive auditory, smell, taste, language, verbal recall
 - iv. Occipital Lobe- Visual processing
 - v. Frontal Lobe (prefrontal cortex)- Stop button, filter, inhibits, impulse control, starting a task to completion without distraction, working memory, executive function, organization
 - b. Identify Generalized Functions of the Hemispheres:
 - i. Right Brain- abstract, big picture, social thinking, infers
 - ii. Left Brain- concrete/literal, black and white, details, analytical, familiar, dull voice
 - c. Understand the hierarchy of basic pathways of the CNS, including ipsilateral cerebellum to contralateral cortex.
2. Name at least 2 patient symptoms for each brain lobe and the cerebellum.
3. Name at least 2 exams for the brain lobes and cerebellum.
4. Name at least 2 exercises for the brain lobes and cerebellum.
5. Have confidence in using the provided CNSI Resource Binder, including charts and diagrams.
6. Learn to map your assessment findings on our CNSI brain map diagram to aid in developing your CNS input POC.
7. Learn how to utilize CNS input within the OT POC to reach functional LTG.
 - a. Start to develop a sense of prioritizing your input/exercise using a bottom-up approach.
8. Know how to consult with other CNSI Practitioners.

Our mission is to help healthcare professionals better understand human neurophysiology as it relates to mental and physical wellness and to improve patients' quality of life, advance the OT field, and improve our healthcare system.

Simplifying Complex Neurology

We've analyzed thousands of Neuroscience articles.

We've trialed the interventions and closely monitored and recorded progress.

We've established assessments and exercises for many regions of the brain to use neuroplasticity to our advantage.