

## The Learning Breakthrough Programme (LBP)

The Learning Breakthrough Programme (LBP) was originally developed by **Dr. Frank Belgau** in 1982 as a neurodevelopmental intervention to help children and adults with learning difficulties including ADHD, dyslexia and autism spectrum disorders.

**Dr. Frank Belgau** was working with children suffering from reading problems and began experimenting to see if he could find activities that made immediate, observable improvements in reading and academic performance. The approach included a combination of reading aloud followed by a short period of motor skills activity followed by reading from a different passage in the same text. He listened to and compared the two reading samples while testing different combinations of motor activities. He also asked the students to report any differences they observed themselves.

**Dr. Belgau** moved to the University of Houston, where he directed the **Perceptual Motor and Visual Perception Laboratory** and continued his work and refined his observations. At the UH he directed a parent training program in which parents and children spent 1-1/2 hours, twice a week for a month, working to overcome their reading and learning difficulties. Many of the parents in those programs were scientists associated with the NASA space program. Their insights helped direct his attention to the effect that balance, and the **Vestibular System** have on learning processes and, eventually, to the development of the Belgau Balance Board.

Belgau (1982) described his LBP as “**a multi-sensory brain training program designed to strengthen very basic brain processes and enable high level learning skills to flourish**”. The LBP consists of a daily routine of balance and co-ordination exercises for 15 minutes, twice daily for a period of one year. The programme utilises specially designed equipment such as a balance ball, visual motor control stick, pendulum ball and beanbags, amongst other items.

## Performance Breakthrough

Performance Breakthrough was developed by Director, Susan Steele who was working in corporate finance and struggling with the challenges which her children were facing in school. She knew she needed to do something to unlock their potential and found a balance and co-ordination exercise programme which they worked on together. The progress which they made inspired her to leave her career.

We work with clients using hand-eye co-ordination and balance exercises to create new neural pathways and to strengthen existing neural connections. Following a free consultation, we begin a 12 month home based programme using a specially developed balance board and a series of carefully structured balance and coordination exercises. Full support is given during the programme through telephone consultation at 1 week, 3 weeks and face to face visits every 6 weeks.

This change in clients is real, measurable and life changing to help our clients to live happier, less chaotic lives. They are more organised, less frustrated and they are able to tackle tasks more quickly and accurately.

These changes are permanent, based in research and most easily understood through neuroplasticity, the ability of the brain to form and reorganize synaptic connections, especially in response to learning, experience or following injury.

*Unlock Your Potential*