

Thaddeus J. Trahan Jr., B. A. T., MS

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Goal: As an experienced teacher and after vast continuing education, Trahan shares his insights about learning with individuals, teachers, and groups as he teaches learning-through-movement modalities. He teaches the importance of whole-brained learning while interacting with and facilitating experiential classes for individuals, teachers, and other professionals.

Qualified to Teach: Brain Gym 101, Optimal Brain Organization, Vision Circles, Movement Dynamics, Double Doodle Play, Touch for Health Levels I-IV, Top Ten Pain Relasers, Bal-A-Vis-X Level 1 & Adaptive and Rhythmic Movement Training Level 1 & 2, doing full workshops, teacher in-service sessions, private work, or as a classroom consultant.

Education and Certifications:

- **Sam Houston State University:** Bachelor of Arts in Teaching Physical Education/Biology, 1970
- **Texas A&I University:** Master of Science in Secondary Education, Multidisciplinary (includes Special Education Certification, Supervision Certification), 1978
- **United States Army:** Master Fitness Trainer, 1986
- **Educational Kinesiology Foundation:** Licensed Brain Gym® Instructor/Consultant, 1998 to present
- **Touch for Health:** Licensed TFH Professional Instructor/Consultant, 2006-present
- **Bal-A-Vis-X:** Sanctioned Bal-A-Vis-X Instructor Level 1 & Adaptive, 2007-present
- **Rhythmic Movement Training** Level 1 & 2 Instructor, 2010-present

Teaching Experience:

- Thomas Jefferson Jr. High, Beeville, Texas (Physical Ed/Kinesiology) 1977-1980
- Anahuac Elementary School (Physical Ed/Kinesiology) 1980-1989
- Anahuac Jr High (6 Grade Science) 1989-1990
- Anahuac Elementary School (Physical Ed/Kinesiology) 1990-2004
- Brain Gym Courses taught since 1998
- Touch For Health Courses taught since 2006
- Co-taught Rhythmic Movement Training Courses since 2007
- Bal-A-Vis-X Level 1 & Adaptive since 2007

Coursework and Continuing Education in Educational Kinesiology/Brain Gym:

Brain Gym is a program of physical activities that integrate the brain and help allow learning to occur. It can improve academics and athletics. It helps reduce stress, maximizes learning in a minimum of time to see results, and requires no special equipment.

- Brain Gym 101, 1998
- Brain Organizational Profiles, 1998
- Physiology Basis of Learning and Kinesiology, 1998, Reviewed 2005, 2010
- Brain Gym In Depth, 1998, Reviewed 2003, 2004, 2006, 2009
- Language of Movement, 1998
- Brain Gym Teacher Practicum, 1998, Reviewed 2003
- Co-taught Brain Organization Profiles, 1999
- Vision Circles, 1999, Reviewed 2010, 2011
- Creative Vision, 2001
- Vision Circles Instructor Course, 2001, Reviewed 2007
- Brain Organization Profiles Instructor Course, 2001
- Movement Exploration I, 2001, Reviewed 2003, 2010,2011
- Movement Exploration II 2011
- Total Core Repatterning, 2002
- Brain Gym & Sensory Integration, 2002
- Master In Depth, 2002
- Integrating the Senses through Movement, 2002
- Brain Gym In Depth 1998, Review, 2003, 2004, 2009
- Brain Gym for Educators, 2003
- Brain Organization Profiles for Educators, 2003
- Whole Brain Learning, 2004, Reviewed 2007
- Movement Re-education, 2005, Reviewed 2007
- Brain Gym for Special Educators, 2005
- Movement Dynamics, 2005
- Movement Dynamics Teaching Training, 2005
- How to Use Brain Gym in the Classroom, 2006
- Movement Based Learning, 2006
- The Playful Child, 2006
- Double Doodle Play, 2007
- Double Doodle Play Teacher Training, 2007
- Business in Balance, 2007
- Resonating With Resiliency, 2007
- Resonance, 2007
- Physiology Basis of Educational Kinesiology: In Depth 2008
- Baby Brain Gym, 2009

Coursework and Continuing Education in Touch For Health:

Touch for Health is a holistic approach to health and wellness which teaches specific protocols that help restore of our natural energies. It is a practical guide using non-invasive techniques such as acu-pressure, touch and massage to improve postural

balance and helps reduce physical as well as mental pain and tension. (as found in Touch for Health Book 1 by John Thie, D.C.)

- Touch For Health I, 1999, Reviewed 2010
- Touch For Health II, 2005, Reviewed 2006, 2010
- Bio Energy, 2005
- Emotional Soma, 2005
- Touch For Health III, 2005, Reviewed 2006
- Touch For Health IV, 2006
- The Top Ten Pain Releasers, 2006
- Touch for Health Instructor Training Workshop, 2006
- Australian Kinesiology Association Annual Conference 2007; Opening Key Note Presenter
- Touch for Health Kinesiology Association Annual Conference 2009, 2010
- Touch For Health Update 2010
- Muscles, Tendons, Ligaments, Postural Retensioning, 2010
- Eight Extra Meridians, 2011

Coursework and Continuing Education in Reflexes:

The Masgutova Method of Neuro-sensory-motor Reflex Integration, MNRI™ is based on unique training directed toward the restoration of neurodevelopment and the integration of primary movements, reflexes, coordination systems, and skills for the optimal functioning, development, and learning. The Masgutova Method is oriented on the stimulation of reflex patterns in order to awaken natural, genetic motor resources, self-regenerating strength of motor memory and sensory-motor coherence. This achievement innately carries the implication of the fulfillment of all potentials within movement abilities and learning skills. (as described at: www.masgutovamethod.com)

- Childhood Reflexes, 2003, Reviewed 2004, 2005
- Life Long Reflexes, 2005, Reviewed 2005
- Children with Challenges, 2005
- Integration of Birth and Change, 2005
- Facial Reflexes, 2006
- Intro Birth and Change, 2006
- Movement Development Dynamic Self Expression, 2006
- Introduction to Reflex Integration Concept, 2006
- Introduction to Reflex Integration and Tactile Stimulation, 2006
- Neurokinesiology Therapist Training Conference, 2006
- Tactile Integration 2010

Coursework and Continuing Education in BAL-A-VIS-X:

Bal-A-Vis-X is a series of Balance/Auditory/Vision eXercises, of varied complexity, most of which are deeply rooted in rhythm. These exercises require full-body coordination and focused attention. The program utilizes sand-filled bags, racquetballs, and balance

boards. It demands cooperation, promotes self-challenge, and fosters peer teaching. It is school friendly and just plain fun (as described at www.bal-a-vis-x.com).

- Intro BAL-A-VIS-X, 1999, Reviewed 2001-2006
- Level 1 & 2, 2001, Reviewed 2003
- Level 1 & 2 Adaptive, 2005
- Level 1, 2007, Reviewed 2009
- Intro BAL-A-VIS-X, Aug 2004
- Master Trainer Workshop, 2009, 2011

Coursework and Continuing Education in Rhythmic Movement:

RMT replicates the developmental movements associated with the infant reflexes. It incorporates gentle isometric pressure to bring awareness to the body, which assists in releasing the stress and learned patterns of behavior. RMT looks at how these movements are crucial in laying down the foundations for neural network pathway growth and myelination in the brain, and its effect on learning. (as described at:

www.rhythmicmovement.com)

- Rhythmic Movement Training Level 1-3, 2007, Reviewed multiple times
- RMT, Dreams and Inner Healing, 2008
- Facial Reflexes and Bonding, 2010
- Fear Paralysis Reflex, 2010

Professional Organizations:

- Texas Association Health, Physical Education, Recreation and Dance
- Texas Retired Teachers Association
- Anahuac Parent Teacher Organization

Honors and Appointments:

- Brain Gym International's Teaching Through Movement Award, 2004
- Educational Kinesiology Foundation Board of Directors, Member 2006-2010
- Texas Association for Health, Physical Education, Recreation and Dance
TAHPERD Past Chair Elementary Physical Education, Community Health
- Touch for Health, Membership Committee Chair 2010-present

Published Articles:

- "A Movement-Based Learning Lab," *Brain Gym Journal*, November 2004
- "From Teaching In Texas To Sharing With The World," *Brain Gym Journal*, December 2010

Professional Conferences Presented:

- Region IV ESC, Houston, TX
- Region V ESC, Beaumont, TX
- Region VIII ESC, Mount Pleasant, TX
- Region XI ESC, Fort Worth, TX
- Texas All Well Conference, Ft Worth, TX
- Delta Kappa Gamma, Winnie, TX
- Delta Kappa Gamma, Beaumont, TX

- Texas Association for Health, Physical Education, Recreation and Dance Annual Conference
- Association for Health, Physical Education, Recreation and Dance Summer Conference
- TAHPERD Regional Workshop Co-presenter, Richardson, TX
- St Jerome Early Childhood Center Educator's Conference, Houston TX
- TAHPERD Regional Workshop Waco, TX
- Brain Gym International Annual Conference, Presenter 2004
Co-Presenter, 2002, 2005
- Brain International Annual Conference Brisbane, Queensland, Australia, Key Note Presenter 2006
- Australian Kinesiology Association Annual Conference, Brisbane, Queensland Australia 2006
- Participated in Kuaka Familiarization Tour of New Zealand Brain-Based Schools, 2007

Past Presentations Featuring Brain Gym at Schools and Organizations—World Wide:

Anahuac ISD: Anahuac Elementary School, Anahuac, TX; Texas City ISD, Texas City, TX; Pearland ISD, Pearland, TX; Port Neches/Nederland ISD, Port Neches, TX; Clear Creek ISD, League City, TX; Houston ISD, Houston, TX; Otero Junior College, LaJunta, CO; Mineral Wells ISD, Mineral Wells, TX; Snook ISD, Snook, TX; McAllen & Pharr-San Juan-Alamo ISD, McAllen, TX; Center ISD, Center, TX; Brazosport ISD, Clute, TX; Goose Creek ISD, Baytown, TX; Liberty ISD, Liberty, TX; Cypress-Fairbanks ISD, Houston, TX; Waco ISD, Waco, TX; Cleveland ISD, Northside Elementary School, Cleveland, TX; Alvin ISD, Passmoore Elementary, School, Alvin, TX; Mount Pleasant ISD: Chapel Hill Elementary, EC Brice Elementary, Chisum Elementary, Harts Bluff Elementary, Mount Pleasant, TX, ; Pewitt ISD, Paul Pewitt Elementary; Daingerfield ISD, West Elementary, Daingerfield, TX; Eungella Grammar School, Eungella Queensland, Australia; Bucasia State School, Bucasia, Queensland, Australia; Sacred Heart College, Auckland, New Zealand; Catherine Montessori School, Houston, Texas; Immaculate Conception Elementary School and St Bonaface Elementary School, Fort Smith, AR; Ft Worth ISD, Luella Merrit Elementary School, Ft Worth, TX; Victoria ISD, Victoria, TX; Hitchcock ISD, Stewart Elementary School, Hitchcock, TX; East Chambers ISD: East Chambers Elementary, Winnie TX; Family Reading Night Anahuac Elementary School; Brain Gym Information Night Anahuac Elementary School, Anahuac, TX., Lamar Consolidated ISD, Richmond, TX., Yorkshire Academy, Houston, TX., Trinity Episcopal Day School, The Woodlands, TX., The Next Step Academy, Houston, TX

