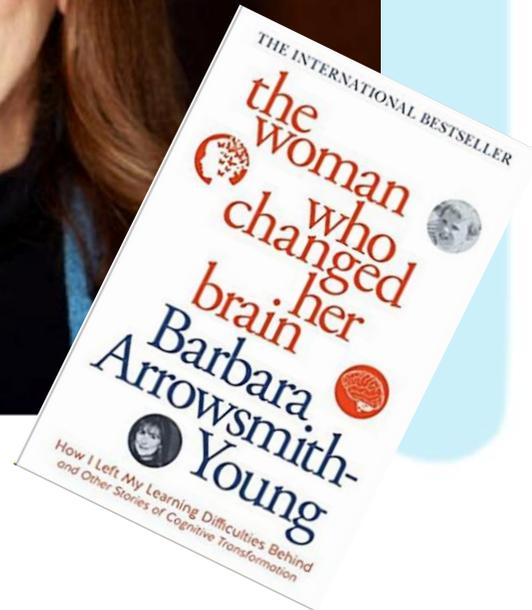
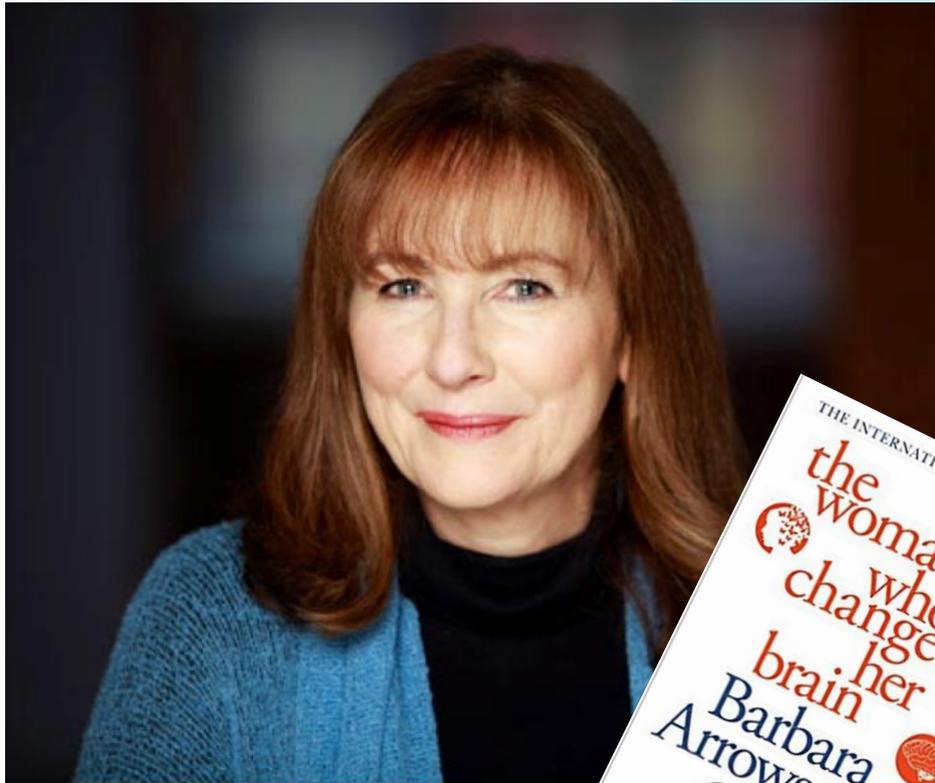




Providing the **ARROWSMITH**
PROGRAM

Your Beginner's Guide to the Arrowsmith Program at NeuFocus

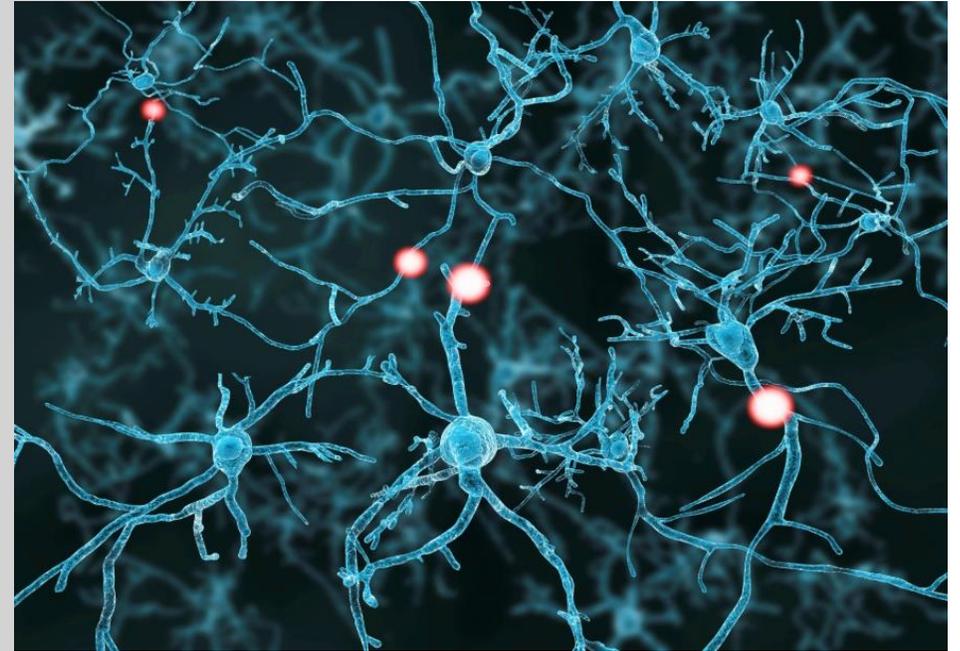
Meet Barbara Arrowsmith



- Barbara Arrowsmith Young has developed the Arrowsmith Programme to provide an effective intervention for people who have learning problems. She uses her knowledge of **neuroplasticity** and **how the brain works** to address the problems which underlie learning difficulties.
- Barbara was born with severe learning difficulties, yet she had an excellent memory and is very smart! Despite this, she really struggled in school
- She is now a world recognised leader in the field of **neuroplasticity** and **learning**

The Science of Neuroplasticity

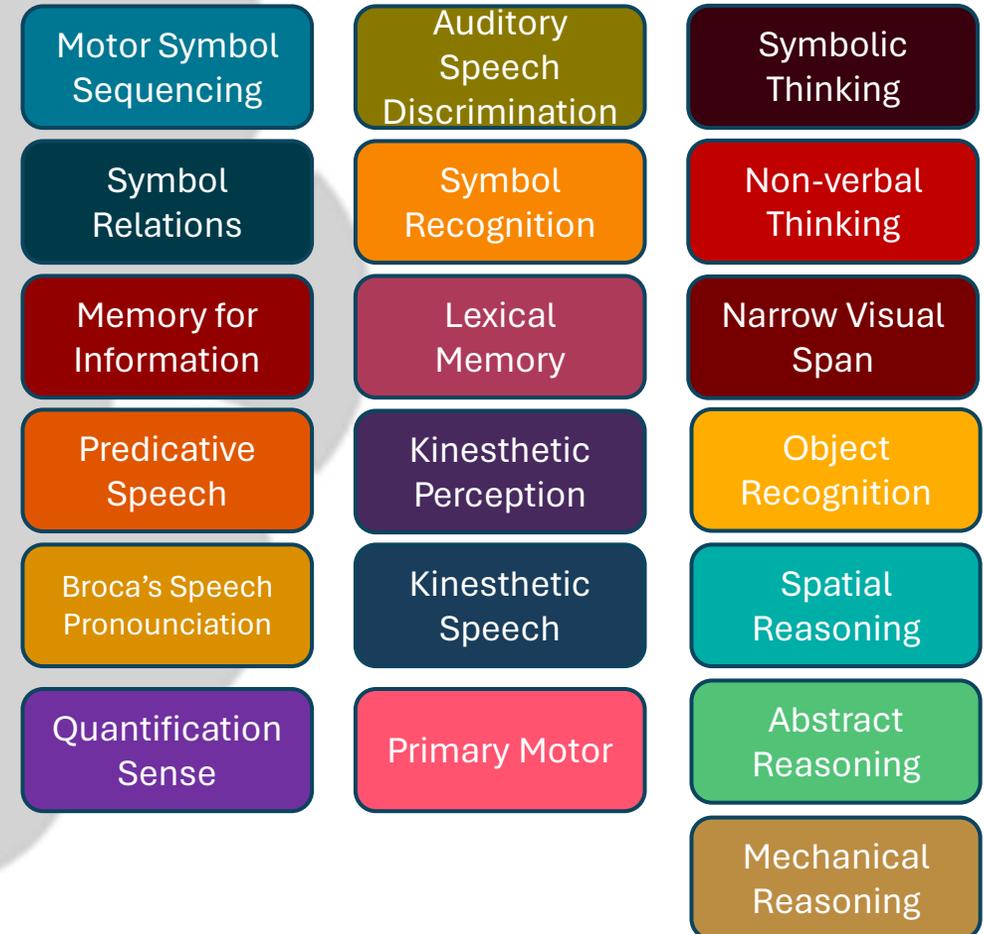
Neuroplasticity is the brain's ability to change both its physical structure and its functional organisation in response to how it is used. We now know it is possible to form new neural connections **throughout life**



Each Individual has a Unique Cognitive Profile

- Barbara has discovered 19 cognitive functions that underlie proficiency in learning
- Your cognitive profile is a unique combination of cognitive strengths and weaknesses
- ***Cognitive strengths allow us to do some things easily and effortlessly***
- Cognitive weaknesses make doing some things very hard/almost impossible – depending where it falls on the continuum of strength:

CONTINUUM OF FUNCTION



How does this apply?

A critical function which is often weak in people with learning problems is **Symbol Relations**

A weakness in **Symbol Relations** presents as difficulty in:

- Processing information quickly and accurately
- Understanding cause and effect
- Understanding another person's point of view
- Considering alternative solutions to problems
- Understanding information

Motor Symbol Sequencing

Symbol Relations

Memory for Information

Predicative Speech

Broca's Speech Pronunciation

Quantification Sense

Auditory Speech Discrimination

Symbol Recognition

Lexical Memory

Kinesthetic Perception

Kinesthetic Speech

Primary Motor

Symbolic Thinking

Non-verbal Thinking

Narrow Visual Span

Object Recognition

Spatial Reasoning

Abstract Reasoning

Mechanical Reasoning

Another application

Another function that is often weak is **Memory for Information**

- This function allows us to remember what we are told or taught
- Weakness here requires instructions to be repeated
- The person might seem to be inattentive, forgetful, stubborn, oppositional, irresponsible

Motor Symbol Sequencing

Symbol Relations

Memory for Information

Predicative Speech

Broca's Speech Pronunciation

Quantification Sense

Auditory Speech Discrimination

Symbol Recognition

Lexical Memory

Kinesthetic Perception

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Spatial Reasoning

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Mechanical Reasoning

How does someone present when they have a weakness in both these functions?

- The person can't always remember or understand the rules or what they are learning
- They can't always understand conversations or what they are told
- They can't always think of alternative ways out of a situation
- They can't always plan ways of doing things better
- They don't always understand the consequences of their behaviour-even when someone tells them what will happen

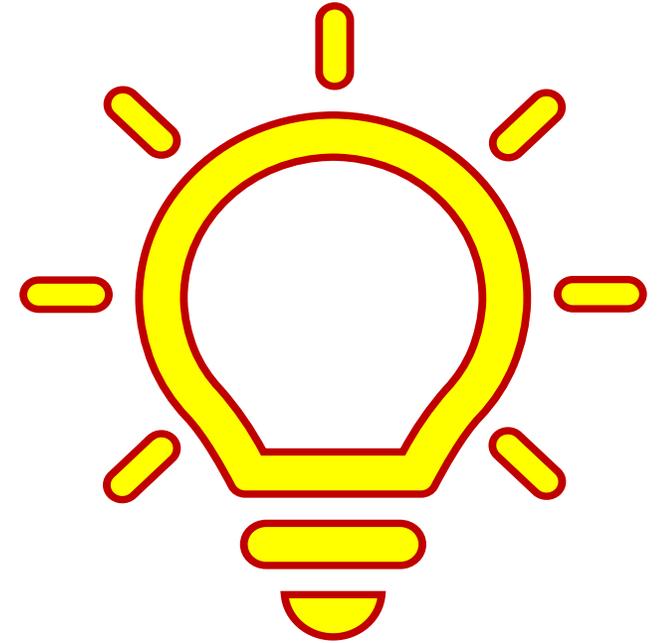


This means that:

Learning issues affect more than just learning.

They also affect a person's behaviour.

Untreated, learning problems will affect a person for life.



However, as cognitive changes occur, behavioural and learning changes follow:

Neuroplasticity



leads to
Structural changes
in the brain



contributing to
Increased Cognitive Capacity
and Ability to Learn/Behave
positively



leading to
Improved
behaviour and
Increased Social
and Emotional
Well-being



leading to
Increased
Academic &
Vocational
Success

ArrowsmithProgram.ca/research



Would you like to know more?

Watch these short videos:

[New Hope – 60 Minutes](#)

[The Woman Who Changed Her Brain – Barbara Arrowsmith-Young: Ted X – Toronto](#)

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