

What Is Conductive Education?

CE is a sensitively designed teaching method used to help people living with Neurological Disorders such as Parkinson's Disease, Multiple Sclerosis, Stroke and Head Injuries, helping re-train the brain to regain control of movement and ability to reproduce everyday tasks and reduce the physical effects caused by the condition.

Partaking consistently in classes and implementing skills learnt during everyday life, clients will find they are able to lead more active and happier lives, with less overall symptoms.

It is important to understand that CE doesn't offer a cure but instead through an educational approach teaches techniques and strategies to help overcome symptoms and everyday problems caused by the condition.

Conductive Education (CE) was developed in Hungary in the late 1940's by Professor Andras Peto. The world renowned Peto Institute, named after him is located in Budapest, Hungary and to this day educating students from all over the world in the comprehensive discipline of CE.

Since the 1960's Conductive Education has gained extensive international interest throughout the West within both Medical and Therapeutic circles.

Conductive Education for Adults:

During the class, the Conductor first demonstrates *the sequence*, which is then followed by the group. The Conductor delivers each task with a *rhythmical intention*. This rhythmical delivery of verbalizing the task (for example: I lift my right leg up) allows the participant to repeat the intention using mental rehearsal to prepare for active movements. The movement is then carried out during a *count of 1-5*, which provides the *very important external guide* optimal for the movement to be successful. This cue is particularly important to those with Parkinson's, Stroke and Multiple Sclerosis, as it initiates movement as an internal cognitive cue, in and increases tempo, so that the tasks can be successfully applied to daily activities such as:

- o **Walking**
- o **Getting up/Sitting down**
- o **Speech**
- o **Driving**
- o **Improvement in Handwriting**

Maria Heine's Program is also designed to improve on the *Physical Secondary Symptoms* associated with both PD and MS, clients see noticeable improvements in the following areas:

- o **Rigidity**
- o **Posture**
- o **Generalized Slowness**
- o **Tremor**
- o **Low Blood Pressure**
- o **Swallowing Difficulties**
- o **Control of Facial Expressions**
- o **Coordination**
- o **Concentration**
- o **Pain**

Such Neurological Disorders can often make people feel alone and isolated, it can affect mood and emotional states, even causing mild or moderate depressive symptoms. Attending regular CE classes can boost confidence and improve mood & morale. During classes there is also an opportunity to share problems, insight and discuss solutions in a friendly open environment.

CE classes through **Second Chance CE** also provide *Support Group* for both Clients as well as Partners and Carers, who are always welcome to attend.



secondchanceCE

OUR SERVICES:

PRIVATE ONE-ON-ONE
SESSIONS

4-DAY INTENSIVE SESSIONS

REGULAR WEEKLY SESSIONS

FREE 60-minute
Demonstration on CE
(minimum. 5 participants)

CONTACT US:

info@secondchanceCE.com

Tel: 310.597.9632

MARIA HEINE



Why I Became a Conductor?

"I always hoped for a path in life where I would be helping others. As a young student during the first weeks of my training at the Peto Institute, I witnessed a previously wheelchair bound man, stand up all by himself. Quickly, I was eager to learn all that I could about Conductive Education. Today, seeing my Client's confidence grow week by week after attending my regular classes, seeing their trust in their own abilities blossom as they reach goals and solve everyday problems, I know that I picked the right choice."

My Background:

1973 -1977. Trained and Graduated at Peto Institute, working with children and adults with various Neurological Disorders as well as Head Injuries.

1977-1990. Independent Consultant for Parkinson's and Stroke Rehabilitation at various clinics throughout Hungary. Formed first Outreach Branch specializing in Conductive Education for people with Parkinson's Disease, living outside the city of Budapest, Hungary.

1990. Invited to the United Kingdom, to facilitate in the development of a new Conductive Education Program at Springhill Rehabilitation Center, Buckinghamshire. Here, Maria became the Therapeutic Director of UK Registered Charity ITI-UK, focusing on CE for Adults with Neurological Disorders and Head Injuries. Through ITI-UK:

- o Maria taught weekly CE Classes throughout South East and West UK
- o Regularly hosted short In-Patient International Courses, Intensive Sessions and Introductory Courses throughout Europe, UK and the United States
- o Specialized One-On-One Sessions with Adults and Children in both the UK and United States

2013. Second Chance CE was formed, in order to make CE available in the United States for Adults living with Parkinson's Disease, Multiple Sclerosis, Stroke and various Neurological Disorders and Head Injuries.



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CLIENT TESTIMONIALS

'CE has made me feel much stronger. It changed my lifestyle and my quality of life is good again.'

B.G. (Welwyn Garden City)

'I have been living with PD for 20 years. I attend CE classes twice a week. Without this complex Program, I wouldn't be able to walk, drive or travel at all! I know people who were diagnosed around the same time I was and who haven't had CE classes, they are in a very bad shape.'

P.C. (London)

'Loosening of tense shoulder muscles, improvement in wrist flexibility and confidence to try harder.'

L.W. (Amersham)

'My posture, breathing and speech have improved noticeably.'

J.B. (Marlow)

'I started CE 6 months ago, the results are remarkable. CE's complex rehabilitation gave me back my self-confidence. I can lead a very happy life again.'

L.A. (Amersham)

'I can control my tremor and shaking and have better balance than before.'

P.C. (London)

'Before starting CE, I felt really weak and depressed. I fell over frequently and I hardly went out. At the beginning I didn't have any miracles, but gradually my condition improved. My balance became much better and I simply felt great. I can drive again and walk safely.'

S.W. (North London)

'Parkinson's has no cure, it's a progressive disease but CE classes slow down the progression by keeping us mobile.'

R.G. (London)



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