

Learning – The Raviv Method



Little is known of the help available to parents struggling with children suffering from learning difficulties. In recent weeks, Labour MP Ruth Kelly was criticised for choosing to send her son who has 'particular and substantial learning difficulties' to a fee paying school at £15,000 a year. It is not surprising that the debate for including children with 'special needs' into mainstream schools has been opened up, with parents acknowledging that their child may not necessarily get all the assistance they need from already over-stretched teachers.

Helping children with learning Difficulties.

The Raviv Method is seen as a break-through in the treatment of dyspraxia, dyslexia, dysgraphia, attention deficit hyperactivity disorder and other learning difficulties. This method was devised by an Israeli woman, Nili Raviv, whose son was so severely dyslexic that he was unable to read until the age of 19. After years spent investigating learning difficulties, Nili devised a programme which uses movement, breathing and games to stimulate the brain thus creating the missing neurological pathways essential for learning.

The Raviv Method is a well established programme in Israel and is recognised by schools but is relatively new in the UK, with under 50 Raviv Practitioners in this country. It offers a different approach to conventional

methods of teaching. For effective learning, it is essential that the brain has the right environment to absorb information - this means that communication between various areas of the brain i.e.: auditory, visual, kinesthetic, cognitive, left and right side should be in full co-operation. Learning difficulties arise because the above are not in place and there are weak or missing neurological pathways which must be built in order to create this optimum learning environment.

“It was truly amazing to watch my dyslexic son discover the joy of reading for the first time”

The trained Raviv Practitioner works with each child over a period of 16 to 20 weeks. The child, having been assessed, will have one to one sessions and work through a programme adapted for their particular needs. Generally it covers five key areas of 'brain work out':

- creating the specific neurological structure required for learning
- focused strategies for controlling the brain activity – for effective learning and attention tasks
- training the brain to control two dimension perception
- training the brain in phonological skills
- learning memory strategies

Children find the programme fun and participate in 'the brain work out games' as it is a refreshing change from school work. The one-to-one sessions are supplemented with short home work exercises and over a period of

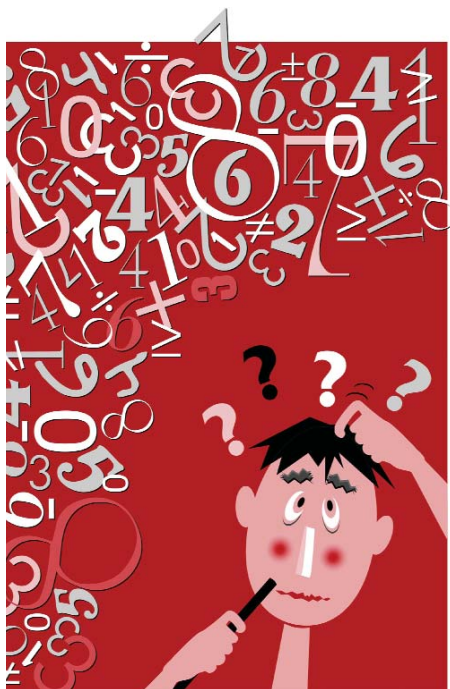
weeks (as long as they have been practising at home!) the parent, teacher, and practitioner see the child's esteem grow and confidence increase as the child begins to learn and retain things which seemed impossible before. As a testament to The Raviv Method there are plenty of parents only too happy to praise the programme and it's achievements:


'Before starting the Raviv Programme my 12-year-old dyslexic son lacked any confidence at reading, his writing was untidy and extremely slow and he was quite forgetful. It was towards the end of the programme that we began to notice changes in him. He has become far more alert, particularly in the morning when getting ready for school, and there is a huge improvement in his organisational skills. We no longer have to nag him because now he is the first one ready in the mornings!

But the most amazing change of all is that now he feels confident enough to pick up a book and read because he enjoys it. It was truly amazing to watch my dyslexic son discover the joy of reading for the first time. The Raviv Programme has also improved his handwriting; it is now much neater and quicker. The Raviv Programme has given him a huge boost to his outlook at school.'

Sarah - North London mother.

Usha Patel is a registered Raviv Practitioner (based in West London) and works within a school using the Raviv Method with Special Educational Needs children. To learn more about The Raviv Method visit www.thelearningsociety.com.





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