

Makoto comments from Lucy Jane Miller PhD

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Makoto is an excellent tool for working on sensory integrative functions. We have seen amazing therapeutic gains in clients in motor planning and inter-sensory processing ... little do they know it's a therapeutic modality ... in fact it's perceived as a fun game!

At the STAR (Sensory Therapies And Research) Center we have found it effective for a variety of conditions, including AD/HD, SPD (Sensory Processing Disorder), dyspraxia, learning difficulties, and head injuries. It is also extremely useful for neurological impairments that affect the mind *and* body, e.g., Parkinson Disease and Multiple Sclerosis.

I was pleasantly surprised by the emotional effect of the Makoto system. I recently had a young man who had left the military after two tours of duty in the Gulf. After participating in Makoto therapy he reported astounding improvement in his focus after even one usage and we were then able to work on his sense of self and his self-esteem.

I would feel confident recommending Makoto to therapists specifically for use in rehabilitation and prevention of disability because:

- 1- The client's performance is quantifiable, i.e. change can be measured with each use;
- 2- It is well-suited to achieving a "just right" state of challenge, stimulating but not overwhelming
- 3- The more you engage with Makoto, the more your scores improve. This motivates you to do it more ... which improves your confidence and outlook on life, and also boosts your motivation for therapeutic intervention
- 4- Therapists can create new games per their clients' needs; for example, I recently created a teamwork game for a parent and child which helped their communication with each other (as well as the child's motor planning)
- 5- Like Interactive Metronome (IM), Makoto works on timing, rhythm and response-to-stimuli, but IM does not work with *the entire body*, which we know is foundational to working with higher level tasks (such as those done with IM)
- 6- Makoto is great for all ages of clients; it helps with both short-term and long-term goals of therapy
 - for children, Makoto gets them physically engaged, focuses them, and gets them emotionally grounded;
 - for young adults, it wakes them up, makes them feel sharper, like they are participating in life rather than observing (they also love the competitive aspect of trying to beat their last score)
 - for adults and seniors, the neuro/muscular activity prompted by Makoto sharpens both mental and physical abilities
- 7- Our clients find Makoto FUN, and if you can make therapy fun, you've won more than half the battle!