

Introduction to Neurosequential Model of Therapeutics™



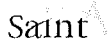
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SaintA, Inc. 2018






Today's Objectives

- SaintA history of becoming Trauma Informed
- Overview of the core NMT™ concepts
- Case example utilizing NMT™ and the assessment process
- Practice application of core concepts to implement a NMT/TIC approach




Overview of Neurosequential Model of Therapeutics™

- Developmentally-sensitive, neurobiologically-informed clinical approach
- Can be used from early childhood to adults
- Worldwide use in a variety of settings
- What it is NOT

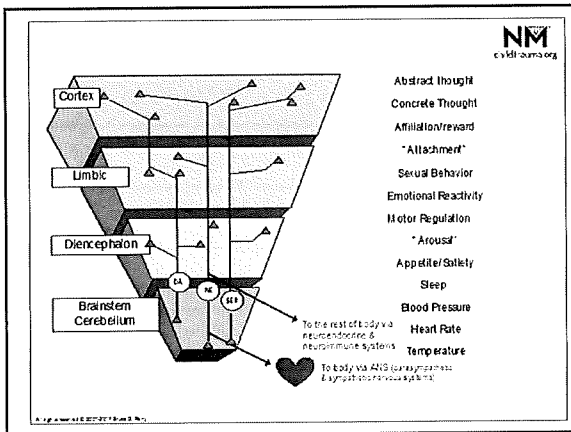
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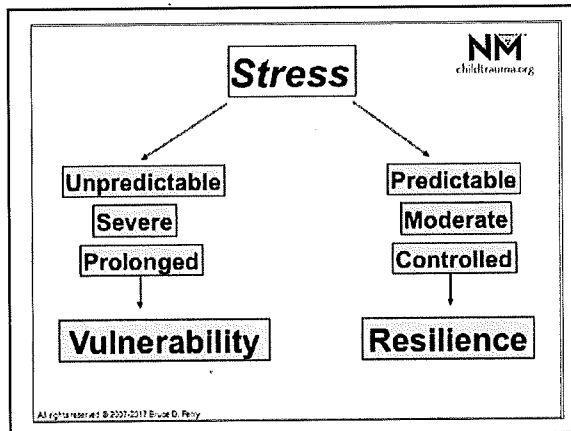
Brain Development Basics


- Brain development occurs sequentially and in a use-dependent fashion
- Our experiences are filtered by our senses
- Development is impacted by positive and negative exposures



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


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State-Dependent Continuum


Classified Response	Rest (M, F)	Flock	Freeze	Flight	Fight
Arousal Continuum	Rest (M + F, A + C)	Vigilance	Resistance	Defiance	Aggression
Dissociative Continuum	Rest (F + M, C + A)	Avoidance	Compliance	Dissociation	Fainting
Primary secondary Brain Areas	NEOCORTEX Subcortex	SUBCORTEX Limbic	LIIMBIC Midbrain	MIDBRAIN Brainstem	BRAINSTEM Autonomic
Cognition	Abstract	Concrete	Emotional	Reactive	Reflexive
Mental State	CALM	ALERT	ALARM	FEAR	TERROR

www.SaintNMT.org Bruce D. Pincus, M.D., Ph.D. © 2010-2017 All rights reserved © 2014


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Relational Connections

- Mirror Neurons
- State-Dependent Continuum
- Previous exposures influence the intimacy barrier
- Recognizing the Power Differential




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
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NMT™ Metric tool

- Evidence-based tool
- Considers adverse experiences and relational wealth
- Provides a visual representation of current functioning
- Guides treatment recommendations in a sequential manner




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Case Example

- Brief history of youth
- Behavioral challenges and Interventions prior to NMT
- Current updates



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The Four Functional Domains


- Sensory Integration
- Self-Regulation
- Relational
- Cognitive

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Sensory Integration

Exploring our Sensory System:

- **Low Registration** -may miss sensations or take longer to respond to stimuli (under-responsivity)
- **Sensory Seeking** - sensory experiences pleasurable; look for "more" to meet neurological thresholds
- **Sensory Sensitivity** -notices everything; responds readily to stimuli (over-responsivity)
- **Sensation Avoiding**- actively works to reduce sensory stimuli (overwhelmed)

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Dunn, 2007

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Self-Regulation

- It's essential for all of us
- We do it all the time
- Our ability to regulate is state-dependent
- He Just Wants to Pet his Dog

<https://www.youtube.com/watch?v=DLu2CFDBJK0>




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Relational

- Every Kid is One Caring Adult Away From Being a Success Story-Josh Shipp video
- <http://joshshipp.com/one-caring-adult/>
- #1 Resiliency Factor




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Cognitive

- Executive Functioning Skills
- Required to succeed in the school setting
- Top-down interventions



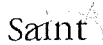
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Purpose of Behavior

- All behavior serves a purpose
- Reframing behavior
- Addressing behavioral responses through the lens of NMT™



Next steps



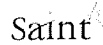
Online Evaluation:
<https://www.surveymonkey.com/r/AdrienneW>

Stay Connected

- Social Media: @SaintAorg #7eITIC
- Join our mailing list: www.sainta.org/trauma-informed-care/inquiry-form
- Visit our website: www.sainta.org
- Additional Training: www.sainta.org/trauma-informed-care/community-training
- Become a 7eI trainer: www.sainta.org/trauma-informed-care/train-the-trainer
- Foster /Adopt: www.growhope.net

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Credits/Resources



- Anda, R. (n.d.) *The Adverse Childhood Experiences Study: Child Abuse and Public Health*. Retrieved from <http://preventchildabuse.org/resource/adverse-childhood-experiences-robert-anda/>
- Child Trauma Academy (Dr. Bruce Perry), <http://childtrauma.org>
- Dunn, W. (2007). Supporting Children to Participate Successfully in Everyday Life by Using Sensory Processing Knowledge. *Infants & Young Children*, Vol. 20, No. 2, pp. 84-101.
- [itsbeginningtolook]. (2009, December 4). Social Awareness-close talker.wmv [Video File]. Retrieved from <https://www.youtube.com/watch?v=NGVSIkEi3mM&index=2&list=PL43A04C768D64FFD5>

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Credits/Resources

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- Mirror Neuron. (n.d.). In Wikipedia. Retrieved October 24, 2016, from https://en.wikipedia.org/wiki/Mirror_neuron
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