

The Neurosequential Model of Therapeutics (NMT): Brainmap



The Neurosequential Model of Therapeutics (NMTTM) is an assessment tool which measures an individual's adverse experiences and their relational health across the lifespan. The brain develops in a use dependent way and adverse experiences have a way of affecting the typical development of the brain. Adverse experiences (such as traumatic events) force the brain to focus on previous threats, creating neuronal memories designed to hone in on survival mechanisms, sometimes at the detriment of other important learning opportunities. Relational health, primarily during those first years in life can buffer some of the adverse experiences in a person's life. But if you have a high level of adverse experiences, especially during the first 5 critical years of life and you have low relational health, the likelihood that you will have gaps in key areas of brain development increases. For a typically developing brain there needs to be low adverse experiences and high relational health. This builds resiliency and strength-a flexible brain which in turn leads to a stress response cycle capable of handling day to day and even once in a while begin stressful situations.

The NMTTM assessment is helpful for professionals and families when:

- A child or young person has complex and multiple needs that are difficult to understand.
- Its unclear what therapy is best for the child
- Therapeutic interventions are no longer effective or achieving sustainable change
- The caregiving is a challenge
- Therapeutic needs of are not fully understood
- We need support took through the
- lens of neurodevelopment.

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info@childrenstherapy.online

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What is involved following a referral?

- ✓ Questionnaires- this includes a NMTTM questionnaire which is specifically designed to gather key information across different developmental time periods from early childhood through to present age.
- ✓ A Caregiver session
- ✓ A Child session
- ✓ A Nursery/School Observation
- ✓ Feedback session which includes:
 - A unique brain map
 - A detailed daily plan of brain-boosting therapeutic activities
 - How to select and sequence therapeutic activities
 - Working together to get the therapeutic 'dose' of activities/intervention just right
 - A plan on how we can build a web of therapeutic care and support

The NMT uses your history over the lifespan and looks at the areas of the brain that may be underdeveloped due to these early adverse experiences. The parts of the brain which need to be focused on and strengthen so that other parts can come online and do their job as well.

Completed by a Experienced Child Therapist and Clinical Social worker

More information can be found on Dr Bruce Perry's Website
<https://www.neurosequential.com>

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