



How the Neurosequential Model[©] Helps

A Neurosequential Model of Therapeutics[©]

Assessment

Relationships and life experiences starting from the time you are a baby (even before you are born) can have a positive or a negative effect on brain development. Every experience and interaction we have leads us down a path of development – and this path sets us up for success or causes us to struggle. As we work hard to help ourselves and family members get better, knowing how the brain functions is important.

What is the Neurosequential Model[©]:

- A process for understanding how experiences have impacted you or your family members' development.
- An approach to solving problems that helps everyone involved in treatment planning (clients, parents, caregivers, counselors, therapists, teachers, social workers, DJO's, etc.).
- Information to help better understand how the brain works.

The Neurosequential Model helps you understand four aspects of brain functioning:

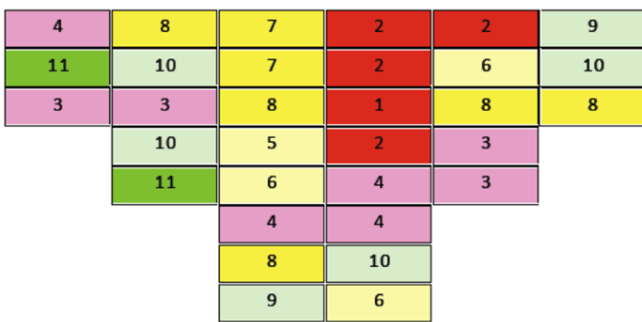
- Sensory Integration is the ability to sort information that enters the brain. This happens naturally for most, but not always for those impacted by stress and/or trauma. If there are problems here, you may have trouble regulating emotions, interacting with others, and/or with academic-related skills.
- Self-Regulation is the ability to manage sensory integration and respond appropriately, such as managing impulses. If there is a problem here, you may have difficulty controlling urges, over-react to things, and/or have problems getting along with others.
- Relational is the ability to relate, play and talk with others. If there is a problem here, you may find it difficult to navigate social interactions, show empathy for others, and/or get along with others.
- Cognitive skills are those that allow you to reason and solve problems. If there is a problem here, you may have trouble in school, learning new things, and/or with abstract concepts.

How you can benefit from the Neurosequential Model:

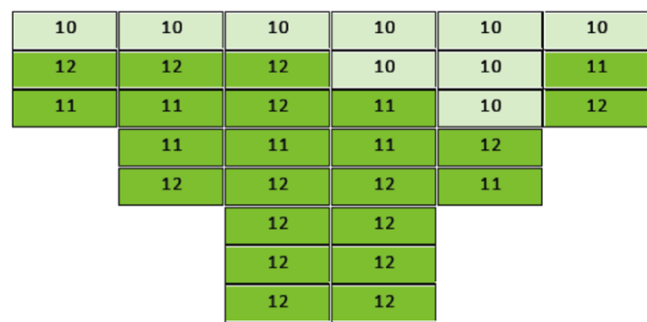
- When we understand ourselves or our family members' abilities, we can create a better treatment plan.
- It helps to understand what is triggering our behaviors (tantrums, depression, aggression, isolation, etc.).
- It changes our perspective of why things are the way they are.
- It gives us a common language.

One size does not fit all:

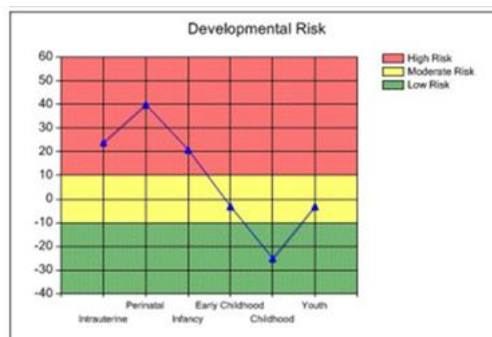
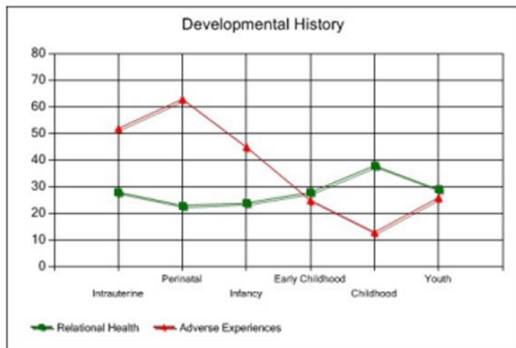
- The brain develops in a sequential fashion from the bottom to the top. Knowing the relational history and the adverse events history of an individual during key periods of development helps us understand what parts of the brain may have been negatively impacted. A person’s treatment process will differ based on this history.
- Typical talk therapy may not be most effective for a person with compromised function in the lower brain.
- The lower brain must be strengthened before cortical work (talk therapy) can be successful.
- Sensory integration work must be a focus for lower brain work, followed by regulation work, then relational work, and finally cognitive work. Where one starts depends on the lowest brain area that shows deficits. The timing of when trauma occurred is critical in understanding this.



Sample 11-year-old client NMT Metric[©]



Typical 11-year-old development



Developmental History Values

	Adverse Events	Relational Health	Developmental Risk
Intrauterine	52	28	24
Perinatal	63	23	40
Infancy	45	24	21
Early Childhood	25	28	-3
Childhood	13	38	-25
Youth	26	29	-3

"Despite your developmental history, your current relational health is the biggest predictor of positive outcomes." – Dr. Bruce Perry

A person who has a good support system can better meet challenges or suffer less negative impact from stressful, abusive or neglectful situations than a person who does not. An additional treatment component must focus on improving the person’s current relational health. Helping all individuals involved understand the impact of trauma and neglect better prepares everyone to be helpful in the healing process.

The NMT Metric[©] helps to organize a sequential approach to treatment that is developmentally informed and biologically respectful!



Neurosequential Model of Therapeutics[®]

Clinical Practice Tool: The NMT Metric[®]

Developed by Dr. Bruce Perry, the NMT Metric[®] is a structured, evidence-based assessment of developmental history, history of adverse experiences, relational health and current brain-mediated functioning. An easy-to-read report with graphs offers insight into the client's readiness for treatment, his/her ability to manage emotions and behaviors, and a detailed overview of functional strengths and deficits (such as, executive functioning, ability to tolerate stress, etc.).

This tool is useful for individuals of all ages and for a wide range of functioning and mental health diagnosis. This is not intended to serve as a stand-alone assessment and does not provide a mental health diagnosis.

What's included:

- Review of client/family history, interview with family and other critical parties, client observation.
- 90-minute session to present the findings directly to the client/guardian. Session includes written recommendations and psychoeducation specific to the client's circumstances.
- 90-minute presentation to the treatment team. Session includes written recommendations and psychoeducation specific to the client's circumstances.
- Two copies of the assessment results and summary in each presentation.
- Follow-up evaluations at six months and one year after initial evaluation, to re-assess development, monitor progress and provide updated recommendations.

Cost: \$945

TO SCHEDULE OR LEARN MORE:

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