

NMT- Neurosequential Model Training

<https://www.neurosequential.com>

This approach to therapy is developed by Dr. Bruce Perry, a leading expert in early childhood trauma. Dr. Perry and the staff at Child Trauma Academy in Texas have created a “developmentally sensitive, neurobiologically informed approach to clinical work.” This approach is based on what Dr. Perry knows about brain development. The Neurosequential Model is a developmentally informed, biologically-respectful approach to working with at-risk children.

The Neurosequential Model is not a specific therapeutic technique or intervention; it is a way to organize a child’s history and current functioning. The goal of this approach is to structure assessment of a child, the articulation of the primary problems, identification of key strengths and the application of interventions (educational, enrichment and therapeutic) in a way that will help family, educators, therapists and related professionals best meet the needs of the child.

My name is Michelle Schofield, and I am a Children’s Therapist/Social Worker in private practice based in Rotherham, South Yorkshire. I run Children’s Therapy Services. I have trained in lots of modalities including Play Therapy, EMDR, Sensory Attachment Intervention, BUSS, SMARTmoves and felt that NMT would be a really helpful tool to help assess and understand the children’s brain which then would help inform what therapies would be best for the child.

I specialise in supporting children and their families, who have experienced trauma, mainly adopted, fostered and Special Guardianship Families. All the children that I support present with complex trauma. Therefore, accessing the NMT training has been so valuable. The training was very in-depth and has taken almost 12 months to complete. There has been extensive self-directed learning through reading case material, articles, research and watching videos. In addition, there has been monthly consultation and training sessions through live zoom sessions. I have also had the opportunity to practice and share Brain maps that I have created during the training period.

I am very grateful to the FPSA for the opportunity to access this training.

The training has been highly relevant to my practice and has enabled me to offer an additional assessment tool, but also enhanced my understanding of the brain, theories and strategies. I would highly recommend this training to others (there are limited UK practitioners in NMT)

Once again, thank you so much for the opportunity and funding, it has and will make such a difference to my practice, and enhance the work I undertake with children and their families.