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NMT™ TRAINING 2017

Customize Your Own NMT™ Training: Below you will find a "menu" of training topic areas that the NMT™ approach focuses on. When putting together a training we can design the training to focus more on some areas than others (although all areas are important to understanding the model) in accordance with your setting / the needs of your work group. Participants will gain an understanding of assessment and treatment / intervention strategies that are consistent with the following topic areas:

- Brain Organization
- Principles of Neurodevelopment
- Memory and Development
- Relational and Reward Neurobiology
- Hyperarousal and Dissociation
- Neglect
- Sensitization and Tolerance
- Neurosociology
- State Based Functioning
- Specific Intervention Strategies Based on Neurodevelopmental Needs

Pre-Designed Workshops: The following workshops have been pre-designed to draw from the above topic areas and represent a "typical progression" of topics when learning about NMT™

Introduction to the NMT™: Basic overview of NMT related concepts and intervention principles. Half day (4 hour) workshop. Participants will:

- Gain an understanding of Brain Development and Functional Domains of the brain as related to children with developmental trauma
- Gain an understanding of Sensitization and Tolerance and how these impact the response to stress
- Gain an understanding of Hyperarousal and Dissociation and ways to intervene with youth who demonstrate these threat response patterns
- Gain an understanding of the impact of State Based Functioning on children's ability to respond to the demands of their environment
- Gain an initial understanding of how to tailor different types of intervention approaches based on state based functioning of youth





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Core Concepts and Application of NMT™ Principles in Practice: *A more comprehensive introduction to the core concepts and application of NMT principles and intervention strategies. Full day (6.5 hour) workshop. Participants will:*

- Gain the information and understanding from the Introduction to NMT™ workshop listed above
- Be able to differentiate between State Based and Stage Based Functioning
- Gain an initial understanding of the Brain Map / Metric and its role in the NMT™ treatment process
- Discuss and review case based illustrations of the model "in action"
- Further develop understanding about various intervention strategies / modalities used in conjunction with NMT™

Relational Neurobiology and NMT (Advanced Workshop). *For participants who complete the Core Concepts workshop, this workshop addresses the interface between attachment theory and brain development as related to clients who have experienced developmental trauma (abuse or neglect). Includes case based examples for discussion. Half Day (4 hour) workshop. Participants will:*

- Gain a better understanding about the impact of Neglect on neurodevelopment in children
- Gain an initial understanding of the role of Relational and Reward Neurobiology in shaping children's responses to the demands of their environment.
- Gain understanding about the role of secure vs insecure attachment in shaping neuro-developmental trauma
- Gain an initial understanding about the application of NMT™ principles on intervention strategies in therapy with couples and families

NMT™ Case Consultation / Training Group (Advanced Workshop): *Includes 6 consultation sessions (1.5 hours each) for up to 10 participants. Sessions will include case based discussions brought by participants who will:*

- Practice applying NMT™ principles to their work with clients through case presentation, discussion and follow up
- Practice applying NMT™ principles to the assessment of developmental trauma on client functioning and presentation
- Discuss the identification of specific State and Stage Based themes in cases with developmental trauma histories
- Develop and practice applying strength based intervention strategies for cases
- Situate NMT assessment and intervention within a strength based, wraparound informed framework
- Discuss the application of NMT™ principles for clients in various settings (agency, private practice, school, etc)

