

The Neurosequential Model of Therapeutics®

WHAT IS THE NMT

The Neurosequential Model of Therapeutics® (NMT) is a developmentally sensitive, neurobiology-informed approach to clinical problem solving. NMT is not a specific therapeutic technique or intervention. It is an approach that integrates core principles of neurodevelopment and traumatology to inform work with children, families and the communities in which they live.

WHAT IS THE FOUNDATION FOR THE NMT

Because of the sequential nature of development, children who face adversity at different ages and in different contexts present differently, and have range of developmental and behavioral impacts. To help address this challenge, the NMT draws on research from multiple disciplines (e.g., the neurosciences, anthropology, developmental psychology, public health) to create a practical way for a clinical team to quantify elements of the client's developmental history and current functioning, and practice in an evidence-based, developmentally sensitive, and trauma-informed manner.

IS THE NMT EVIDENCE-BASED

The NMT currently meets criteria for Level III, Level II-3, Level II-2 and Level II-1.

HOW DOES THE NMT WORK

The Neurosequential Approach has three key components: 1) Training & Capacity Building; 2) History, Assessment & Completion of a NMT Metric; and, 3) Individualized Recommendations in the NMT Metric Report. The recommendations from a NMT Metric include guidelines for the selection and sequencing of therapeutic, educational and enrichment activities that match the needs and strengths of the child.

WHY IS THE CHILD'S HISTORY SO IMPORTANT

The NMT Assessment process examines both past and current experience and functioning. A review of the history of adverse experiences and relational health helps create an estimate of the timing and severity of developmental risk that may have influenced brain development, along with the timing and severity of risk and resilience factors in order to generate an overall developmental risk estimate.

***Summary:** The NMT is not a specific therapeutic technique; it is an approach that provides the clinician a "picture" of the client's developmental trajectory, strengths, and vulnerabilities. This neurodevelopmental viewpoint allows the clinical team to select and sequence enrichment, educational, and other therapeutic interventions that are appropriately matched to the child's developmental needs and functional/developmental level, rather than simply relying on the child's chronological age.*

KEY POINTS

- Developmental trauma, chaos and neglect can result in complex functional compromise in multiple domains including physiological, motor, emotional, social and cognitive.
- A developmentally sensitive and neurobiology informed clinical approach can aid the clinical team in understanding the impact of maltreatment and other developmental insults.
- The Neurosequential Model of Therapeutics® (NMT) is an evidence-based practice that can provide a practical and useful clinical framework to help clinicians identify the strengths and vulnerabilities of the maltreated child and implement developmentally appropriate therapeutic, educational and enrichment services.