

PNW PURDUE UNIVERSITY NORTHWEST

University of Southern Indiana
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Incorporating the NMT Metric into Clinical Practice

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The Neurosequential Model for Therapeutics (NMT)

NMT is focused on assessing the neurodevelopmental impact of trauma and selecting interventions consistent with this assessment.

Participants learn to identify major regions of the brain, appreciate the sequential nature of brain development, and determine which areas of the brain have likely been affected by developmental trauma.

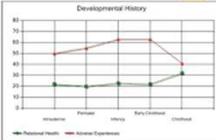
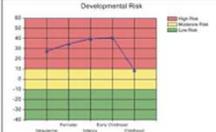
Also considered—the relational buffers that were in place at each developmental stage.

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NMT Clinical Practice Tools (Metrics)

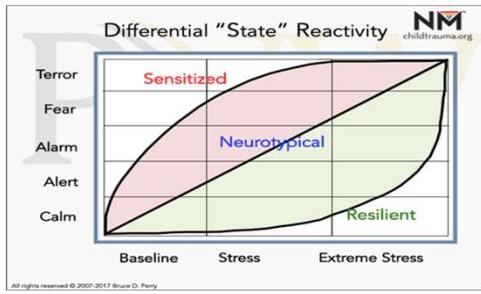
- Part A: Developmental History**
 - Genetic
 - Epigenetic
 - Adverse Experiences
 - Developmental Timing
 - Nature, Severity, Pattern
- Part B: Developmental Relational Health**
 - Developmental Timing
 - Bonding and attachment
 - Family supports
 - Community supports

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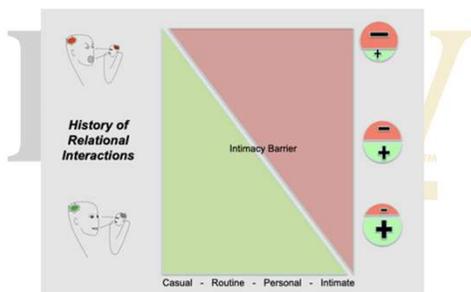
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Key Concept: Differential "State" Reactivity



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Key Concept: Intimacy Barrier



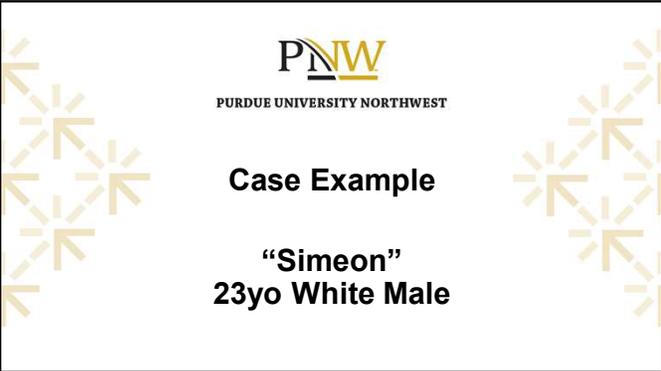
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Key Concept: State Dependent Functioning

State Dependent Functioning

Adaptive Response	Rest	Vigilance	Freeze	Flight	Fight
Hyperarousal Continuum	Rest	Vigilance	Resistance	Defiance	Aggression
Dissociative Continuum	Rest	Avoidance	Compliance	Dissociation	Fainting
Primary secondary Brain Areas	F-CORTEX	CORTEX	LIMBIC	MIDBRAIN	BRAINSTEM
	Cortex	Limbic	Midbrain	Brainstem	Autonomic
Cognition	Abstract	Concrete	Emotional	Reactive	Reflex
Mental State	CALM	AROUSAL	ALARM	FEAR	TERROR

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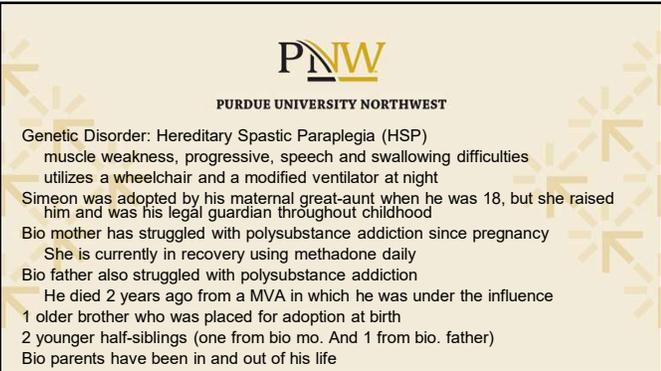


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Case Example

**“Simeon”
23yo White Male**

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Genetic Disorder: Hereditary Spastic Paraplegia (HSP)
muscle weakness, progressive, speech and swallowing difficulties
utilizes a wheelchair and a modified ventilator at night

Simeon was adopted by his maternal great-aunt when he was 18, but she raised him and was his legal guardian throughout childhood

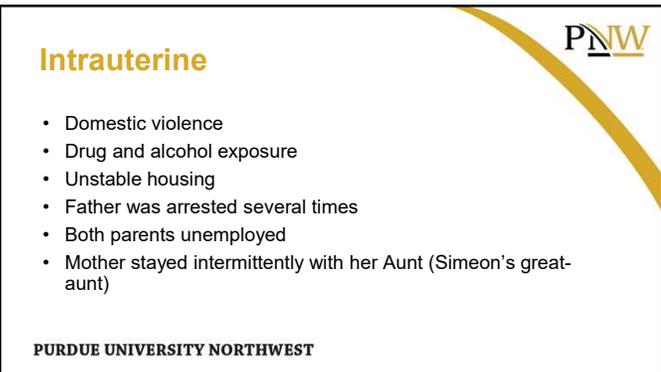
Bio mother has struggled with polysubstance addiction since pregnancy
She is currently in recovery using methadone daily

Bio father also struggled with polysubstance addiction
He died 2 years ago from a MVA in which he was under the influence

1 older brother who was placed for adoption at birth
2 younger half-siblings (one from bio mo. And 1 from bio. father)

Bio parents have been in and out of his life

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Intrauterine

- Domestic violence
- Drug and alcohol exposure
- Unstable housing
- Father was arrested several times
- Both parents unemployed
- Mother stayed intermittently with her Aunt (Simeon’s great-aunt)

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Perinatal (first 2 months) PNW

- Father was in a serious car accident
- Being left by Mother for extended periods in "bouncy seat"
- Inattentive bio mother
- Conflict between caregivers (Mother & Aunt)

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Infancy (3-12 months) PNW

- Unstable housing
- Exposure to substance abuse
- Neglectful parenting
- 10 months old, Mother called CPS on herself and CPS gave Aunt a 2 hour deadline to pick him up or he would go into foster care
- Aunt granted temporary guardianship

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Early Childhood (13-48 months)

- Parents voluntarily agreed for Aunt to have permanent guardianship
- Developmental delays noted (could not roll over, stand, or walk)
 - Diagnosed with CP at 2yo
 - Through Aunt's advocacy, he was diagnosed with HSP at 3 1/2yo
- Bio parents visited sporadically, and Simeon's contact with them was minimal
 - Following contact with them, Simeon was physically aggressive
- Bio parents' substance abuse advanced to meth and heroin
- Many painful and frightening medical procedures

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Childhood (4-10 years)

- Able to ambulate with difficulty
 - Played t-ball and basketball
- Botox injections in legs and toes due to contracture
- At 6yo, had tendon lengthening surgery in toes and legs
- At 7yo, he was given a therapy dog
- At 10yo, he was not longer able to walk and could no longer play sports
 - Fundraiser for wheelchair van
- Both bio. parents frequently jailed
- Bio mother stole jewelry and gift cards from Aunt

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Youth (11-18 years)



- 12yo, carbon dioxide poisoning from HSP
- Began needing to use electric wheelchair and modified ventilator
- Misses a lot of school due to health problems
 - Decreased opportunities for socialization
- Bio mother is diagnosed with Hepatitis, and it was feared she would die
- Bio mother broke into Aunt's home and stole Simeon's gaming consoles
- Therapy dog is diagnosed with cancer and dies at Simeon's side

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Adulthood (18-current)



- Bio mother gets sober (still using methadone)
- Bio father dies
- Simeon earned Associates degree in auto mechanics, but is unable to obtain employment
- Simeon is in a nearly fatal MVA and fractures both legs
- Following his recovery from MVA, he begins to exercise regularly and joins a wheelchair basketball team
- Health improves

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Recommendations 

- **Sensory Integration (Essential):**
 - Rocking/swinging up to 10 minutes 2-3x/day
 - Working daily with dogs at home
 - Sleep hygiene
 - Calming music 10 minutes 2x/day
 - Use of resistance bands
 - Use riding lawn mower for mowing or snow removal
- **Self-Regulation (Essential):**
 - Box breathing 3-4 x/day
 - Puzzle or other parallel play with mom 15 minutes/day
 - Dribble basketball (with or without music) 10 minutes 2-3x/day
 - Assist with cooking
 - Weight-lifting 3-4 x/week
 - Sleep hygiene
 - Animal care
 - Learning to identify internal cues
 - Gardening, raking, shoveling snow

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Recommendations, cont'd. 

- **Relational (Therapeutic):**
 - Parallel play or work with friends or mom
 - Play basketball with friends
 - Trauma focused therapy
- **Cognitive (Enrichment):**
 - Daily reading for pleasure
 - Insight-oriented therapy
 - Learn a new hobby or skill
 - Work on car project

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NMT Impact

- Participated actively in reviewing history for developmental assessment and CNS functioning
- Aunt also participated and we completed a metric for her as well
- Reviewed together, which improved understanding of selves and other
- Generated regulation recommendations, which both utilize regularly



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Where he is now...



- Enrolled and living in dorm at PUFW
 - Majoring in Mechanical Engineering Technology
- Participating actively at Turnstone
- Manual wheelchair and modified car with hand controls
- Setting boundaries with bio mother
- Excellent relationship with adopted mother
- Well-rounded support system
- Paralympic training and hopes



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The Neurosequential Model of Therapeutics Phase I Certification



- Modular Learning
- Book Study and Discussion
- Self-Paced Didactic Multimedia Materials
- Self-Paced Didactic Readings
- Study-Groups (mini-didactics)
- Study Group Case Presentations
- NM Network Monthly Calls
- And, more...



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Other Work: La Porte Police Department



- Police social worker received a grant to pay for police officer assessments, metrics and recommendations
- Conducting surveys of officers' experiences with NMT process



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And, a word about what we're doing at PNW...

- Enhancing our capacity!
- Phase II Training of Graduate School(s) Faculty
 - 4 Psychology
 - 4 Social Work
 - 1 School Counseling
 - 1 Couple & Family Therapy
- Offered a PSY graduate course this past summer
- Currently offering a MSW course



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The Neurosequential Model Network
Neurosequential.com
BDPerry.com

The ChildTrauma Academy
ChildTrauma.org

 @BDPerry
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 The ChildTrauma Academy Channel

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