

What is NMT?*

“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.”

Who is a good candidate for NMT?

NMT is most appropriate for children and adolescents with a history of trauma or attachment disruptions, including those currently or previously in foster care or who have been adopted.



[*neurosequential.com/nmt](http://neurosequential.com/nmt)

Want more information?

CONTACT US

Clover Lewis, LICSW
Referral Coordinator Supervisor
NMT Level 2 Assessor
Clewis@cutchins.org

THE CHILDREN’S CLINIC

17 Brewster Court,
Northampton, MA 01060
☎ 413-587-3265
🖱 cutchins.org

United Way of the
Franklin & Hampshire Region



Neurosequential Model of Therapeutics (NMT)



*Based on the work of
Dr. Bruce Perry*



What can we expect?

Clinicians will meet with caregivers one to two times per week for approximately 2 months to gather information about the child's history and current functioning.

We will ask to review any documents/testing, etc., that will be helpful to the process. (Neuropsych, educational testing, etc.)

These sessions can take place in person at The Clinic or by Telehealth.

Clinicians will also work with your family to find opportunities for observation or brief interaction with the child.

Upon completion, a meeting will be held to review the assessment results and recommendations.

As needed, your assessing clinician can attend meetings with other team members to share results.

What will we get out of the process?

Families will go home with:

- A historical narrative of the child's life to share with other providers
- A "brain map" is a diagram or visual model of how trauma has impacted the child's development. Note: this is not a brain "scan" or a medical report.
- Individualized, specific written recommendations for improving the child's functioning through a variety of sensory and relational activities.



Why is this valuable?

When a child or teen has had challenges in their life, particularly traumatic experiences and attachment disruptions, these events can impact that person's ability to function. An NMT assessment considers both adverse events and relational health to better understand youth.

With this information, you will be able to identify necessary supports and interventions that are sensitive to the youth's neurological development to help guide the young person toward greater success in their life.

The narrative is also a valuable tool for sharing information with other providers, without caregivers needing to retell their child's story.

Payment

This service can generally be paid for through your insurance company.

Any additional time needed for document preparation, consultation, or related activities may be billed to a secondary payor.