

Neurosequential  
Model of Therapeutics  
(NMT)  
Dr. Bruce Perry

# What is NMT?

NMT is a developmentally sensitive, neurobiology-informed approach. The assessment uses both past and current experience and functioning. A review of the history of adverse experiences and relational health factors helps create an estimate of the timing and severity of developmental risk. It is “a wide-angle and low resolution” and not the same as a psych test.

# NMT looks at four different areas of the brain

- ▶ Brainstem : Sensory Integration
  - ▶ Diencephalon: Self-Regulation
  - ▶ Limbic: Relational
  - ▶ Cortex: Cognitive
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- ▶ A bottom up approach asks for us to see whether the earliest developmental tasks have been completed before building expectations on a cracked foundation. Brainstem upward to neocortex with understanding that both complexity and plasticity increase as we move bottom to top.

# How to use NMT information.

**Sensory integration:** refers to the ease with which the youth is able to process, organize and respond to information coming in through sight, sound, smell touch, taste.

**Self-regulation:** refers to the ability of the youth to self soothe, calm themselves down when feeling upset or distressed

**Relational:** this refers to the ability of the youth to engage in social relationships and be effective in interpersonal interactions with others across a variety of settings and situations

**Cognitive:** this refers to the youth's ability to perform academic tasks as well as processing information.

# NMT Metric Report

## Developmental Risk History

Adverse Experiences: negatively impact development and health of youth.

Relational Health: buffers that have protected youth from impact of AE. Looks at protective role of relationships

## Central Nervous System Functioning

Information from 32 areas of functional brain map

## Current Relational Health Index

Overall current relational support including family, sports, clubs, worship communities & school.

Teams must work together for effective treatment.

# NMT Metric Report (cont)

## Functional Domain Recommendations

### Cortical Modulation Ratio

- ▶ Our ability to calm down when upset (instead of getting out of control)
- ▶ Child's ability to "put the brakes on" their impulses and feelings when upset

# Recommendations

Self-Regulation: some physical activities 1x/day, predictability, nurture, breathing, rocking/swinging, regulation box

Relational: parallel play building to interactive, supervised peer activities, volunteer, animal interactions in group settings

Sensory Integration: bike, jump rope, rocking swimming, sensory games/activities; safe and alone area; OT referral

Cognitive: dyadic play for social awareness including redos when needed, storytelling, art to tell stories using Legos/figures, write a song and sing it

# NYAP Outpatient Mental Health Services

## Community Based

- Ashtabula, Lake, Lorain and Cuyahoga Counties
- Healthy Ways -- Services for children ages 5-12 exhibiting sexually -Certified Art Therapists
- Family Preservation
- Case Management
- Medication Management
- Behavioral Health Respite
- Services in Homeless Shelters

## Office Based

- Therapist with 25+ years of experience with specializations in adoption, trauma and reactive attachment disorder
- Healthy Ways -- Services for children ages 5-12 exhibiting sexually reactive behavior

## School Based

- Summit Academy
- East Academy
- Imagine Bella



# Therapy Modalities

- ▶ Therapy Modalities
  - ▶ TF-CBT -- Trauma-Focused Cognitive Behavior Therapy
  - ▶ NMT – Neurosequential Model of Therapeutics
  - ▶ PCIT – Parent Child Interaction Therapy
  - ▶ Family Adventure Therapy
  - ▶ Motivational Interviewing

evidence  
**based**  
t r e a t m e n t

