

The Neurosequential Model in Education™
The NME Trainers Program - Overview

Overview

The Neurosequential Model is a developmentally informed, biologically respectful approach to caregiving, education and therapeutics. Drawing on core concepts from many disciplines including the neurosciences, anthropology, developmental psychology and sociology, the Neurosequential Model seeks to provide a useful context for individual problem solving, organizational program modification, and policy development.

The Neurosequential Model in Education (NME) brings this neurodevelopmental and trauma-informed approach to the classroom. The NME is not a specific “program” or “intervention.” The NME is essentially a “capacity-building” process – it provides introduction to important concepts about how the brain works, develops, changes and is impacted by developmental adversity including trauma. Further the NME provides practical application of these key concepts that can be useful in everyday educational settings. A key element of the NME’s practical applications is a set of NME Classroom Tools including the Classroom Functional Map (see Figure 1 below) that provides a simple and rapid way for the teacher to assess the relative brain-mediated strengths and weaknesses of a student. This web-based, visual map can also quickly determine a measure of Executive Functioning (EFS) – a major predictor of a child’s capacity to self-regulate, attend school and succeed in a classroom setting. In summary, the primary capacity-building goals of NME are to educate faculty and students in basic concepts of neurosequential development and then teach them how to apply this knowledge to the teaching and learning process.

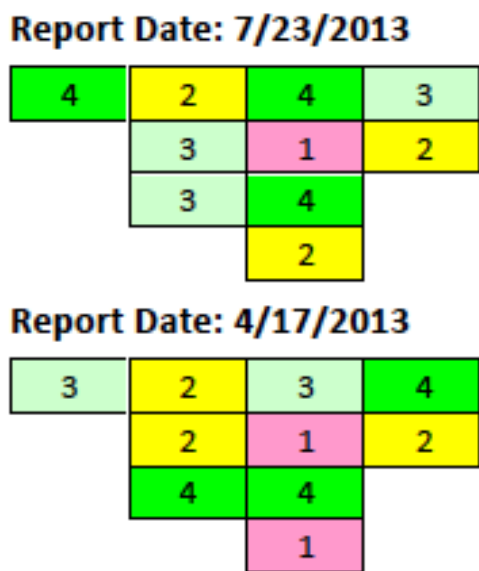


Figure 1. NME Mini-map: These two images represent improvement in a set of brain-mediated capabilities (such as attention, fine-motor skills, reading, social skills) for one child in a classroom setting. These images are taken from a report generated in minutes by a teacher trained in the NME using the CTA’s web-based NME Classroom Tools app. Each rectangle represents a set of brain-mediated functions. The rectangles are organized such that functions mediated by lower parts of the brain (brainstem, diencephalon) are on the bottom rows while cortically mediated functions (such as reading) are on the top row. Dark green shading = superior; light green = grade level; yellow = needs improvement and red = need significant improvement.

The ChildTrauma Academy has developed a set of training elements (e.g., readings, multimedia content), supervised training experiences, and online NME Classroom Tools to help school counselors, administrators, and teachers use the NME with the children they serve. The NME Trainers Program is available for select educators to

provide a basic level of exposure to core concepts and key elements necessary to bring the NME and the NME Classroom Tools into their educational setting.

The NME Trainers Program is a *training process*. It has been developed to provide a practical introduction to the key concepts and skills that will allow Trainers to bring the NME into their schools. It is not certification of any clinical competency or skill. The NME does not promote or exclude any other school-based programs, educational assessments or therapeutic techniques. For participating individuals, the NME Trainers Program is a teaching and capacity building process which provides exposure to core concepts underlying the NME and a systematic application of NME approach within a school or similar educational system. Completion of the NME Trainers Program confers no special affiliation with the CTA. NME Trainer status does not comprise endorsement by the CTA for independent application of principles or practices presented during this introduction to the NME process.

Requirements for Participation in the NME Trainers Program

NME Trainers may be educators, psychologists or other experienced professionals working with the school. The requirements for participation include:

1. Employment in a school or similar educational setting
2. Assignment or endorsement of participation by relevant school administration (e.g., principal)
3. Willingness and intention to teach core concepts of NME and use of the NME Classroom Tools within their school or school system
4. Completion of the 5 hour, web-based series: "Introduction to the NME Training Series"
<http://www.ctaproducts.org/nmecatrse.html>

**Introduction to the NME Training Series* may be completed prior to or as part of the NME Trainers Program. When enrolling in the NME Trainers Program, the Intro Series will be included at no additional cost.

NME Trainer Program Components

Core elements of positive developmental, educational and therapeutic experiences –
i.e., “trauma-informed” & developmentally respectful

- Relational (safe)
- Relevant (developmentally-matched)
- Repetitive (patterned)
- Rewarding (pleasurable)
- Rhythmic (resonant with biology)
- Respectful (child, family, culture)

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The NME Trainers Program is intended to prepare Trainers to teach core concepts of brain organization, brain development, and the impact of trauma and neglect on children. Further, the program is designed to help educators better understand and teach challenging children by offering practical strategies and classroom practices related to structuring classroom schedules, activities and interactions that can help all children learn in an optimal way. Simply stated, the Trainer will learn the core concepts that underlie the “Six Rs” that the Neurosequential Model uses to help create optimal developmental environments.

Trainers are intended to become local “experts,” and, as such, the NME Trainers Program is designed to provide a range of print, multimedia and web-based content to support the role. The NME Trainers Program is largely self-paced, allowing the Trainer to choose the time and place that he or she masters the content.

As the core body of content is being mastered, NME Trainers can start introducing these concepts to their colleagues at their schools. A primary objective of the NME Trainers Program is to develop competence with the web-based NME Classroom Tools. As with the core NME content, if Trainers and their schools choose, they can integrate the NME Classroom Tool into selected classrooms. The NME Trainer will instruct teachers and school staff in order to build capacity within the trainer’s own school system and community.

***PLEASE NOTE:** NME Trainers are permitted to focus training on NME concepts, to train school staff to use the NME Mapping Tool, and to use materials provided by CTA. They are NOT qualified to teach about **NMT** concepts or instruct others in the use of the NMT Clinical Practice tools (different and separate from the NME Educational Mapping Tool.)

A. Required Elements

1. Core Content

- a. Introduction to the NME Series (required: see above – may be completed prior to or at the beginning of the NME Trainers Program)
- b. Multimedia content (required: provided)
 - i. Understanding and Working with Maltreated and Traumatized Children (DVD)
 - ii. Six Core Strengths for Healthy Development (DVD)
 - iii. The Neurosequential Model of Therapeutics (DVD)
 - iv. NME Multimedia and presentation content (NME Slide package)
- c. Readings
 - i. The Boy Who Was Raised as a Dog (required: not provided)
 1. Book Study (strongly suggested)
- d. NME Case-based Training Series (ten 90-minute recorded sessions: required)

2. The NME Classroom Tools

- a. NME Classroom Tools Training Series (five 60-minute sessions: required)

- b. Web-based Classroom Tools Access (required: access for 250 Mini-maps is included)
Note: Additional School NME Classroom Tools Licenses may be purchased if a school desires more access to the NME Classroom Tools beyond the 250-map license included as part of the training program.

3. *NME Community Interactions*

- a. NME Monthly Discussion Calls (with Steve Graner, Director of the CTA’s NME Programs)
- b. NME Web-based Resource support page
- c. NME Facebook Discussion Group

B. Documentation

Each participant in the NME Trainers Program will be responsible for documenting compliance with each of the above-mentioned requirements. CTA will work with participants to ensure that all requirements are met prior to moving into the Licensing Phase.

C. Access to NME Mapping Tool

During completion of the NME Trainers Program, schools may register through their trainer(s) for a license to use the web-based NME Classroom Tools. A single license covers training and access to the mapping tool for one school (NME “Customer”) and the Trainers and Teachers included in that school’s account. Once a school has an NME Trainer, they may renew and use the NME Classroom Tools in an ongoing basis.

As long as a school renews an NME Classroom Tools license (and their NME Trainer stays at the school) the school will have ongoing free access to additional NME resources distributed by The ChildTrauma Academy.

Costs for NME Trainers Program and NME Classroom Tools Licenses

The total retail value of the individual training components included in the NME Trainer Program are outlined below (retail unit costs in US Dollars for comparison purposes only; this is NOT the total cost of the NME Trainers Program)

- a. Total cost of Multimedia Series 1, 2 & 3 (\$2347)
- b. NME multimedia and slide package (\$500)
- c. NME Classroom Case-based Series (\$1525)
- d. NME Tools license (\$250)
- e. NME Classroom Tools Training Series (\$500)

(Total NME Retail Program Value/Trainer: \$ 5122)

Actual Costs for NME Training Program:

The actual cost of the NME Trainer Program will vary depending upon the number of NME Trainers a school or school district chooses to enroll. The cost is determined per participant and is reflected below in US Dollars

NME Trainers	Per Trainer cost	Total Program Cost
1 to 3	\$3000/Trainer	\$3000 - \$9000
4 to 7	\$2500	\$10,000 – \$17,500
8 or more	\$2250	\$18,000 and up

School Classroom Tools License Options:

Number of "Mini-maps"	Cost per map	Total cost
250	\$1.00	\$250
500	\$0.75	\$375
1000	\$0.50	\$500
*Unlimited production of maps for 1 year for up to 100 users	n/a	\$1000

IMPORTANT: The Unlimited License provides for an unlimited number of student mini-maps to be generated by a maximum of 100 "Teacher" or "Teacher/Supervisor" accounts created under the same single "Customer" account. For those systems requiring more than 100 "Teacher" and "Teacher/Supervisor" accounts, an additional license must be purchased.

Note: CTA recommends that an educational map be produced for each student at the start of each school year and then concurrently with scheduled grade reports throughout the year.