



The Neurosequential Model in Sport

Introduction to the NM-Sport

Basic Principles

2018

The Neurosequential Model in Sport (NM-Sport)

Introductory Series featuring *Dr. Bruce Perry, Megan Bartlett & Steve Graner*

- 1: **November 5, 2018** – Brain Basics
Structure, Processing Sensory Input & the Roots of Rhythm
- 2: **November 19, 2018** – Understanding the Power in Stress
The Stress Response, Resilience, Focus and Flow
- 3: **November 26, 2018** – Neurosociology
The Neuroscience of “Team” – Connecting and Competing
- 4: **December 3, 2018** – State-dependent Functioning
Keeping Fear from Destroying Performance
- 5: **December 10, 2018** – Understanding the Power Differential
Creating a Sense of Safety & Other Powers of Leadership

ALL LIVE SESSIONS take place on Mondays from 2 to 3 PM Eastern Time

Make up session set for Dec. 17, 2018 (if needed)

About Bruce D. Perry, M.D., Ph.D., Senior Fellow of the ChildTrauma Academy

Dr. Perry is child psychiatrist and neuroscientist with a long history of clinical, research and academic work. The focus of his work has been on how our stress response systems develop and change with experiences both good (e.g., resilience-building) and bad (e.g., traumatic). The NM-Sport is the latest application of the Neurosequential Model which has been used in clinical (NMT), educational (NME) and caregiving (NMC) settings.

About Megan Bartlett, Founder of We Coach

Megan Bartlett established *We Coach* to support organizations committed to using sports to promote youth development and to give coaches the tools they need to help kids heal. She created the first national coach-training program to integrate trauma-informed practices into a sport context. Megan serves on Nike’s Global Training Advisory Group and is the co-author of the book *Re-Designing Youth Sports: Change the Game*.

About Steve Graner, M.S., Project Director for the NME

Steve Graner is a retired teacher (33 years) who helped develop, and now leads, the ChildTrauma Academy's Neurosequential Model in Education (NME). Throughout his teaching career, Mr. Graner has also coached cross country and track and field, receiving Coach of the Year honors in North Dakota for both high school and middle school cross country.

About the NM-Sport Case-based Training Series

This new initiative of The ChildTrauma Academy is an outgrowth of the success of the Neurosequential Model in Education (NME) and a series of conversations with Megan Bartlett, a leader in youth development and sports. Steve Graner, as a longtime coach and project Director of the CTA's NME programs, and Dr. Perry, as a former athlete, know the value of sport in helping create developmental, educational and therapeutic experiences. In turn, the core concepts of the NM, in application, can inform effectiveness in coaching, performing, training, and a host of key skills needed for success in sport. The NM-Sport initiative will explore these intersecting concepts. The goal is to integrate sport into the healthy therapeutic web of children, youth and families and to help individuals and programs involved in sport improve their effectiveness in providing healthy developmental experiences and improved performance.

In 2019, this introductory web-based series will be followed by a ten session webinar series featuring more in-depth application of the core concepts of NM in various coaching and training settings. This will be a Trainer Phase of NM-Sport and will prepare participants to share these concepts within their schools, school districts and community. The CTA will develop an additional on-site consulting and training component for NM-Sport in collaboration with *We Coach*.

The model for the current web-based learning process is the successful NMT case-based Training Series led by Dr. Bruce Perry and attended by participants via the Internet. Over the last decade, The ChildTrauma Academy has offered a variety of web-based teaching experiences, typically using clinical cases as the primary teaching vehicle. This current offering is the latest addition to our catalog of teaching series.

The focus of this unique, introductory 5-session series will be a set of core concepts related to brain organization, the stress response and neuroplasticity (how the brain changes) applied to the coaching, training and performance context. This basic overview will provide immediate practical applications as well as the necessary background required to benefit fully from future, more in-depth training opportunities that focus on the advanced applications of the NM-Sport.

The "parent" model for the NM-Sport is the Neurosequential Model of Therapeutics (NMT), an evidence-based practice (EPB) that is both "trauma-informed" and developmentally sensitive. The case-based teaching model has been useful for helping clinicians, educators and caregivers better understand the neurodevelopmental principles involved in many of the struggles, as well as strengths, they see in the children they serve. All NM trainings provide an opportunity for ongoing capacity building within an institution or for individuals.

PARTICIPATION OPTIONS & FEES

GROUP/ORGANIZATION participation: \$800 USD per site

Groups may participate LIVE and/or via recordings. A group may include up to 25 persons. All participants must assemble in a single room with a single computer and phone/audio connection into each session. Recordings of each session will be accessible for one year from the date of enrollment. Each additional location/site of 25 persons requires an additional Group subscription

INDIVIDUAL participation: \$250 USD

Individuals may participate LIVE and/or via recordings. Each individual will receive online access to session recordings which will be accessible for one year from the date of enrollment.

HOW IT WORKS

Participants will receive invitations via email to each of the five sessions. Sessions take place via the Internet using a webinar platform called Zoom. Invitations include a link and instructions to gain entry to each session. All sessions must be purchased in this 5-set package. Each participant will also receive an online account to access recordings as well as the related supplemental print materials. Organizations with Group subscriptions will select a single point person to access and play recordings for their group. All recordings may be paused, restarted and replayed.

TWO WAYS TO ENROLL

- 1) Go to CTAProducts.org, select "NMT Online Courses" → "2018 NM Sport Introductory Series"
- 2) Submit completed form to JRosenfelt@ChildTrauma.org or via FAX to (713) 513-5465

QUESTIONS

Please contact Jana Rosenfelt at 281-932-1375 or JRosenfelt@ChildTrauma.org

2018 NM-Sport Introductory Training Series Enrollment Form

Hosted by Dr. Bruce Perry, Megan Bartlett & Steve Graner

Email or fax this completed page to JRosenfelt@ChildTrauma.org; FAX to (713)-513-5465 - OR

Purchase online at CTAProducts.org (select "NMT Online Courses" → "2018 NM-Sport Intro Series")

Name: _____

Organization: _____

Address: _____

Email: _____

Phone: _____

SELECT FROM:

Individual Enrollment: \$250

Total # of Individual Enrollments: _____ Total \$ _____

Group Enrollment: \$800 (up to 25 participants per group)

Total # of Group Enrollments: _____ Total \$ _____

Payment Method:	Check #	Credit Card # (Visa or MC) Expiration Date:	Total Fees (USD):	Purchase Order #:
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*Checks should be made payable to "The ChildTrauma Academy." **ALL CHECKS (FOREIGN AND DOMESTIC) MUST:** be written from a US banking institution or US branch utilizing a nine digit US routing number AND must come from a US Dollar Account with the text "US Dollars" pre-printed on the check face. Non-US participants are encouraged to wire funds to CTA or use Master Card or Visa to address currency conversion issues. Contact Jana Rosenfelt for wire transfer information.

Send checks to:

The ChildTrauma Academy
5161 San Felipe, Suite 320
Houston, TX 77056

PLEASE SIGN AGREEMENT:

As a participant in NM-SPORT Introductory Series, I understand that case content discussed and distributed is confidential and is only provided as part of the NM training experience. I also understand that content provided about may be subject to Copyright and may not be copied, adapted, redistributed or distributed beyond their immediate clinical team or used in any way without specific, written permission by The ChildTrauma Academy. I understand that the live sessions will be recorded and distributed by CTA for educational purposes. My signature below acknowledges this understanding and indicates I accept the conditions as described herein.

Signature _____ Date _____

Printed Name & Title _____