

The Neurosequential Model<sup>©</sup> is a developmentally-informed, biologically-respectful approach to caregiving, education and therapeutics that draws on core concepts from many disciplines including the neurosciences, anthropology, developmental psychology and sociology. The Neurosequential Model of Sport<sup>©</sup> (NM-Sport) is an adaptation of this model to be used by coaches and other adults working in sport and recreation contexts.

The NM-Sport is not a specific “program” or “intervention.” It includes a “capacity-building” process that provides an introduction to important concepts related to engagement and performance in sport by focusing on how the brain works, develops, changes and is impacted by developmental adversity including trauma. In application, NM-Sport can inform effectiveness in coaching, performing, training and a host of key skills needed for success in sport. Participants become “master coaches” who are able to support other coaches in the implementation of key coaching strategies

The NM-Sport Certification is:

- A 10-module course that will meet monthly throughout 2023, facilitated by Bruce Perry, M.D., Ph.D, Megan Bartlett and members of the NM team.
  - 7 didactic modules on core NM-Sport topics
  - 3 practical modules linking NM concepts to the sport context
  - Readings, multimedia didactics and web-archived webinars
- Small group discussion sessions to review the assigned course material, led by NM-Sport mentors
- Special topics sessions that highlight experts in related fields and members of the NM-Sport community
- Guided book study Dr Perry’s new book, *What Happened to You? Conversations on Trauma, Resilience and Healing*

Benefits of the NM-Sport Certification are:

- Participants develop deep knowledge of core issues - how the brain works and how to design sport experiences that promote healing, learning, and sport performance
- A set of materials/activities (e.g., scenarios, slides, handouts, access to multimedia content) to be used in bringing their ideas to their systems/ target populations
- Use of NM-Sport brain mini-maps to evaluate their athletes’ progress
- On-going access to their online account, which will be updated with key materials
- Access to a cohort of creative, dedicated sports practitioners at the forefront of capitalizing on the ways sport is uniquely suited to help kids heal

Structure of the Program:

- Large-group sessions (including practical sessions) take place from 4:00 – 5:30 pm Eastern Time on one Tuesday each the month beginning in February. Exact dates are as follows:
  - February 21
  - March 15
  - April 18 – Practical Session 1
  - May 16
  - June 13
  - July 18 – Practical Session 2
  - August 22
  - September 26
  - October 17 – Practical Session 3
  - November 21
  - December 12 – Final Session/Graduation
- Small-group meetings will be held 1x monthly and scheduled to provide the most flexibility to participants
- Special topics calls will be scheduled in advance at a variety of times to accommodate schedules and time zones.

Cost: \$4,000

*\*\* CHJS has limited subsidies available for interested practitioners working in sports-based youth development non-profits who do not have resources to cover the entire cost of the course.*

For more information and to register, please visit <https://www.neurosequential.com/nm-sport>