

## The Neurosequential Model of Therapeutics®

*NMT Training Certification for Individuals*

*Phase I and Phase II/TTT Programs*

2021

### Individual Certification: Overview

The Neurosequential Model® is a neurodevelopmentally informed, biologically respectful perspective on human development and functioning. The Neurosequential Model of Therapeutics® (NMT) uses this perspective in the clinical problem-solving process. The NMT is not a specific therapeutic technique or intervention; it is way to organize developmental history and current functioning to inform the clinical decision-making and treatment planning process. This approach integrates core principles from neurodevelopment, developmental psychology, traumatology, sociology and a range of other disciplines to create a comprehensive understanding of the child, family and their broader community. The Neurosequential Network (NMN) has developed a set of training materials, supervised training experiences and Clinical Practice Tools to help clinicians develop the capacity to use the NMT with the children, youth and adults they serve. An NMT certification process has been created to provide a basic level of exposure to the core concepts and key elements for implementing the NMT.

NMT certification is a training process. It is meant to certify exposure to, and participation in, training activities. It is not certification of clinical competence or skill. The NMT is not promoting or excluding any specific clinical assessment or therapeutic techniques (for an overview, see a variety of articles posted at [Neurosequential.com](http://Neurosequential.com)). For participating individuals, this training will be a clinical enhancement, capacity building project. It provides exposure to the core concepts underlying the NMT and to the clinical application of this approach with children and families. Completion of Phase I and Phase II/Train-the-Trainer certification confers no special affiliation with the CTA, nor does it comprise endorsement by the NMN for independent application of principles or practices presented during this introduction to the NMT process.

Each phase of certification indicates that an individual has completed a certain level of training and exposure to the NMT in its various applications.

Individuals who complete Phase I certification may elect to move on to Phase II/Train-the-Trainer (TTT) or directly to the Maintenance Phase without completing the Phase II/TTT process. An outline of this NMT certification process follows.

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## Requirements for the NMT Training Certification Process

The NMT Training Certification process is designed for clinical professionals with various backgrounds. In order to be eligible to participate in the NMT Individual Training Certification process, individuals must first meet certain requirements. The requirements for participants include:

- 1) At least a master's degree in social sciences or equivalent (e.g., psychology, education, social work, nursing, OT/PT, etc.)
- 2) A current license (e.g., LPC, LMFT, LMSW, etc.) or similar designation (if outside of US)
- 3) Current practice working with children, youth, adults or families
- 4) Participation in at least 1 NMT Case-based Training Series (10 sessions). For those who have not completed an NMT Case-based Series but want to enroll in the Certification Program, a Pre-Requisite Series will be added to their training package at no additional cost.

Those individuals meeting the requirements for certification must complete their registration online.



### Phase I: NMT Certification

Phase I provides an in-depth introduction to the NMT and the key principles that underlie the clinical application of the model. The primary focus of Phase I is to build comfort with, and experience in, organizing clinical information in a neurodevelopmentally-informed way; a primary objective of Certification is to develop competence with the web-based NMT Clinical Practice Tools (NMT Metrics).

Participants will also be provided multiple opportunities to see multidisciplinary clinical problem solving using the NMT in the many case-based staffings that are part of the learning process.

A combination of live and self-directed learning opportunities are included in Phase I Certification. These elements are outlined below.

### *A. Curricular Elements of Individual Certification Phase I*

#### 1. Multimedia Content

- 1) View NMN Multimedia content (video content, recorded presentations, NMN YouTube Channel Seven Slide Series sessions, etc.) according to training syllabus.

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## 2. Readings

- 1) Complete package of required readings according to training syllabus. **PARTICIPANTS MUST OBTAIN THEIR OWN COPIES OF *The Boy Who Was Raised as a Dog and What Happened to You?***

## 3. NMT Core Certification Series Recordings

- 1) View 10 Case-based training sessions according to syllabus. 90-minutes each.

## 4. Case-based Seminars: Recordings of NMT Mentor-led Case-based Training Series

- 1) View 10 sessions of 2021 Series Case Discussions. 90-minutes each.

## 5. NMT Online Clinical Practice Tools (also known as the NMT Metrics)

- 1) View 2 recording Metric tool training sessions.
- 2) Access to NMT Online Clinical Practice Tools to allow the participants to become familiar with the NMT metrics. Unlimited tokens per participant are included in Phase I training. Participants MUST complete 2 "Typical" reports, 1 Fidelity reports, and 7 client reports for a total minimum of 10 metric reports in Phase I.
- 3) Participants must call in live or view recordings of the monthly Metric Scoring Calls/NMT Implementation Calls.
- 4) Participants must complete all Fidelity Exercises: On an annual basis, all NMT-certified and NMT-certification training clinicians will be required to score 1 case using the NMT Online Clinical Practice Tools. Each participant will be provided a case abstract, and a one-hour online session will be devoted to question/answer about the case. Participants then must submit scored reports by a set date.
  - All clinicians using the tool will be required to participate.
  - Tokens to complete Fidelity reports are provided in the Phase I included tokens.Following the submission deadline,
  - NMN staff will distribute a scored report and self-scoring instructions.
  - NMN will provide feedback via a 30-minute recorded discussion of common scoring areas where errors occurred.

## 6. Study Group Meetings

- 1) Participants will be assigned to a Certification Study Group and must participate in two monthly, 1-hour conference calls focused on discussion of the training content. An NMT Mentor and participants in the NMT TTT Program (Phase II) will facilitate the study group meetings.

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## 7. NMT Community Meetings and Elective Interest Groups

1) Participants will participate in a live monthly NMT Community meeting or view recording. They may choose but are not required to participate in other monthly NMT Interest Group calls. NMN will provide more information about various interest group meetings to enrolled participants.

### B. Documentation of Certification Requirements

Each participant in NMT Individual Certification will be responsible for documenting compliance with each of the above-mentioned requirements and submit signed checklists at the end of each training phase. The NMN will work with participants to ensure that all requirements are met prior to moving on to subsequent phases.

All participants must sign and adhere to the NMN's client confidentiality and attribution policy guidelines.

### C. NMT Online Clinical Practice Tools (NMT Metrics)

Participants in Phase I NMT Certification will be trained to use the online NMT Clinical Practice Tools. During training participants have access to the online Clinical Practice Tools. Access will continue as long as they remain enrolled in any phase of training or are enrolled in the Maintenance Phase.

### D. Cost for Phase I NMT Training Certification

Individual Training Certification	Cost per person
1-3 Participants	\$4,000/per person
4-6 Participants	\$3,500/per person

\*Organizations with 7+ clinicians participate in Site Training Certification

\*\* The Organizational Training Certification option (i.e., Site Certification) is required for large private or public systems (e.g., State, County or Provincial Child Protective or Mental Health systems). The NMN will work with sites to determine whether Individual or Site Training Certification is most appropriate for your group.

\*\*\* Phase I is a 12-month program. The NMN will provide up to 6 months of extension at no cost after the initial 15-month training period. A \$200 continuation fee will apply if additional time is required to complete Phase I.



## Phase II: Train-the-Trainer (TTT)

Phase II of the NMT Certification process is a Train-The-Trainer (TTT) program. This phase involves a series of specialized and advanced training activities focusing on more advanced exposure to NMT-related content, the challenges of translating and teaching these concepts and the application of the NMT metrics in clinical settings. Upon completion of Phase II/TTT, the clinician (NMT Trainer) has mastered the core content and principles underlying the NMT and has much more experience utilizing the NMT Metrics in clinical practice. The NMT Trainer will be able to more effectively teach these concepts to others.

A primary objective of the NMT TTT process is to build capacity in the broader community by developing a cadre of NMT Trainers who can provide ongoing teaching and consultation to colleagues, schools, families and organizations regarding the core concepts and principles of the NMT. At this point in the NMT Certification process, NMT Trainers are not allowed to train or certify others to use the NMT Metrics but can illustrate the use of the NMT Metrics and NMT reports in their clinical use. If the Trainer continues to the NMT Mentor process, opportunities to teach and participate in the certification of others may occur within the NMT Boot Camp model.

A combination of live and self-directed learning opportunities are included in Phase II/TTT Certification. These elements are outlined below.

### *A. Curricular Elements of Phase II/TTT Certification*

#### 1. Multimedia Content

- 1) View Multimedia content (via a video streaming account, recorded presentations, YouTube Channel Seven Slide Series sessions, etc.) according to training syllabus.

#### 2. Readings

- 1) Complete package of required readings according to training syllabus.

#### 3. TTT Series Recordings

- 1) View Introductory TTT Session plus 11 NMT Trainer Series Webinars (90 minutes each).
- 2) TTT PowerPoint Slides are included.
- 3) View Intro to Developmental Trauma Series Sessions (12 sessions)

#### 4. Case-based Seminars: NMT Case-based Training Series

- 1) View 10 recordings: Participants will receive recordings of a complete NMT Advanced Case-based Training Series.

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## 5. NMT Online Clinical Practice Tools (also known as the NMT Metrics)

1) Access to NMT Online Clinical Practice Tools to allow the participants to further develop their expertise with the NMT metrics. Unlimited tokens per participant are included during training. Participants must complete a minimum of 10 metric reports in Phase II.

2) Participants must call in LIVE or view recording of the monthly Metric Scoring and Implementation Calls.

3) Participants must complete all Fidelity Exercises: On an annual basis, all NMT-certified and NMT-certification training clinicians will be required to score 1 case using the NMT Online Clinical Practice Tools. Each participant will be provided a case abstract, and a one-hour online session will be devoted to question/answer about the case. Participants then must submit scored reports by a set date.

- All clinicians using the tool will be required to participate.
- Tokens to complete Fidelity reports are provided in the Phase II included tokens.

Following the submission deadline,

- NMN staff will distribute a scored report and self-scoring instructions.
- NMN will provide feedback via a 30-minute recorded discussion of common scoring areas where errors occurred.

## 6. Study Group Meetings

1) Participants will be assigned to a Certification Trainer Study Group and must participate in one or two monthly, 1-hour conference calls focused on discussion of the training content.

## 7. Certification Group Facilitation

1) Participants must facilitate two monthly, 1-hour meeting with a group of Phase I participants and lead discussions related to the Phase I Training content.

*\*NMN will provide a structured monthly syllabus and discussion guides for Trainers to use in their monthly meetings with their Phase I Training groups. NMN will also ask Trainers to provide feedback on the monthly and quarterly meetings that they facilitate.*

## 8. NMT Community Meetings and Elective Interest Groups

1) Participants will participate in a live monthly NMT Community meeting or view recording. They may choose but are not required to participate in other monthly NMT Interest Group calls. NMN will provide more information about various interest group meetings to enrolled participants.

## *B. Documentation of Certification Requirements*

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Each participant in NMT Individual Certification will be responsible for documenting compliance with each of the above-mentioned requirements and submit signed checklists at the end of each training phase. NMN will work with participants to ensure that all requirements are met prior to moving on to subsequent phases.

All participants must sign and adhere to the NMN's client confidentiality and attribution policy guidelines.

### *C. NMT Online Clinical Practice Tools (NMT Metrics)*

Participants in NMT Individual Certification will be trained to use the online NMT Clinical Practice Tools. Once trained, participants will have access to the online Clinical Practice Tools for use with their clients as long as they remain enrolled in any phase of training or are enrolled in the Maintenance Phase.

### *D. Cost for Phase II NMT Training Certification*

<b>Individual Training Certification</b>	<b>Cost per person</b>
1-3 Participants	\$4,000/per person
4-6 Participants	\$3,500/per person

\* Organizations with 7+ clinicians participate in Site Training Certification

\*\* The Organizational Training Certification option (i.e., Site Certification) is required for large private or public systems (e.g., State, County or Provincial Child Protective or Mental Health systems)

\*\*\* Phase II is a 15 month program. The NMN will provide up to 6 months of extension at no cost after the initial 15-month training period. A \$200 continuation fee will apply if additional time is required to complete Phase II.

### NMT Maintenance Phase: Individual Practitioners

Upon completion of NMT Training Certification for Individuals, the Maintenance Phase begins. For practitioners electing to participate in the second year of certification (i.e., Phase II/Train-the-Trainer program), the Maintenance Phase begins after Phase II/TTT. Participation in the maintenance program is required for continued access to the NMT Online Clinical Practice Tools (also known as the NMT Metrics). The NMT Training Certification Maintenance program ensures that participants are provided ongoing access to any enhancements to the NMT Clinical Practice Tools and related improvements in the NMT process. The goal of the Maintenance Phase

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is to provide the NMN some opportunity to help assure fidelity to the NMT as well as provide the participants exposure to ongoing innovations.

## *A. NMT Certification Maintenance requirements:*

### 1. Fidelity Exercises

1) Participants must complete all Fidelity Exercises: Annually, all NMT-certified clinicians will be required to score 1 case using the NMT Online Clinical Practice Tools using a provided case abstract. A one-hour online session will be devoted to question/answer about the case. Participants then must submit scored reports by a set date.

- All clinicians using the tool will be required to participate.
- Tokens to complete Fidelity reports are included in the 10 tokens provided.

Following the submission deadline,

- NMN staff will distribute a scored report and self-scoring instructions.
- NMN will provide feedback via a 30-minute recorded discussion of common scoring areas where errors occurred.

### 2. NMT Metrics

1) In the course of ongoing internal clinical work, a minimum level of use of the NMT Web-based Clinical Practice tools is required:

- Phase I Trained providers are required to complete at least 5 metric reports annually. This total may include Fidelity cases.
- Phase II Trained providers are required to complete at least 10 metric reports annually. This total may include Fidelity cases.
- 10 tokens are included in the cost of maintenance.

### 3. NMT Maintenance Package

1) An annual Maintenance “package” of continuing education elements will be provided and all elements must be completed. The annual Maintenance package may include any of the following in a given year: new readings, new video content, case-based sessions.

\*If relevant (for Trainers), participants will provide a list of training sites/activities where NMT and related content has been presented to help build internal and community capacity.

### 4. NMN Attribution and Client Confidentiality Guidelines

1) All participants must sign and adhere to the NMN’s client confidentiality and attribution policy guidelines.

## *B. Cost*

The cost of the IC Maintenance Program is \$200 per year. This fee includes access to the annual Maintenance package of material and 10 metric tool tokens. Participants may choose a 2-year

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enrollment option for \$400, which includes 25 metric tokens, OR a 3-year enrollment option for \$600, which includes 40 metric tokens.