

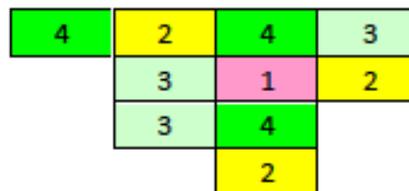
## The Neurosequential Model in Education®

### An Overview

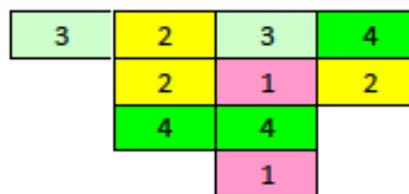
The Neurosequential Model® is a developmentally-informed, biologically-respectful approach to caregiving, education and therapeutics. Drawing on core concepts from many disciplines including the neurosciences, anthropology, developmental psychology and sociology, the Neurosequential Model® is an evidence-based framework useful for individual clinical problem solving and program outcomes evaluation and modification. This model has been adapted for specialized application in a variety of settings (e.g., the Neurosequential Model of Therapeutics: NMT and the Neurosequential Model in Caregiving, NMC).

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.” It includes a “capacity-building” process that provides an introduction to important concepts related to how we learn by focusing on how the brain works, develops, changes and is impacted by developmental adversity including trauma. These concepts have broad applicability in education, sport, drama, and music. Further, the NME provides practical examples of application of these key concepts in everyday educational settings.

#### Report Date: 7/23/2013



#### Report Date: 4/17/2013



*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 from a report generated in minutes by a teacher trained in the NME using the NMN'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.*

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## Introduction to the NME

This is a series of 5 one-hour webinars. The core concepts of the NM are presented in context of the educational system. This introductory series provides the rationale and basic principles of the NM. It is an excellent series to introduce educators to the brain, stress response systems, trauma, developmental adversity and trauma-informed practices. This series can be a 'stand-alone' option for schools and school districts exploring the NME before deciding to make a commitment to build their own internal NME Training team.

*The Neurosequential Network (NMN) 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. The NME Trainers receives a basic level of exposure to core concepts and resource materials that will help them bring the NME core concepts and the NME Classroom Tools into their educational setting.*

## NME Trainers Program

This is a three-phase track to create 'internal' experts for the school or school district. Using a "train-the-trainer" approach, the idea is to support the professional development of individuals within the school/school district who will continue to play a role in teaching and building capacity around these core concepts and applications. The NME Trainer Track has three Phases; a learner must complete Phase I and Phase II to become an NME Trainer. The third phase is required to obtain the NME Advanced Trainer status.

**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 individuals in a school, school district or related organization to teach educators about the core concepts of the NM that impact learning. These core concepts include basics of brain organization, brain development, understanding state-dependent learning, the stress response systems 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 (not just children impacted by trauma and adversity) learn in an optimal way. The Trainer

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will learn the core concepts that underlie the “Six Rs” that the Neurosequential Model uses to help create optimal developmental environments, and ways to bring this to life in the classroom.

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 that role. The NME Trainers Program is manualized, with distinct modules. The majority of the content is web-archived and self-paced, allowing the Trainer to choose the time and place to complete the curricular requirements (i.e., readings, multimedia didactics and web-archived webinars). Live learning opportunities do occur but roughly twice a month.

As the content is being mastered, NME Trainers can start introducing these concepts to their colleagues and students at their schools using the multimedia and training materials provided. An additional 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.

#### NME Trainer: Phase I

This phase consists of six modules; the webinars from the Introduction to the NME Series are a core component of this Phase. In addition, a guided Book Study of *The Boy Who was Raised as a Dog* is part of this Phase. An NME Trainer (or NME Advanced Trainer) will provide guidance and supervision for the learners during Phase I. At this point in the training, no access to the web-based NME Classroom Tools (i.e., the NME Mini-map) is provided.

If a learner has completed the Introduction to the NME Series prior to entering the NME Trainer Track, there is no need to repeat viewing these sessions, although most learners come to learn that repetition and re-exposure to these core concepts is useful for mastery.

#### NME Trainer: Phase II

Phase II of the NME Trainer track has six modules. Two webinar series are part of this training experience: a) a ten-session webinar series, the NME Case-based series and b) a five-session NME Mini-map series. Two sets of multimedia content are provided as required elements, a) the “NM Bootcamp” series (Fifteen 20 minute long recordings) and b) the Six Core Strengths for Health Development series. Live webinar NME Implementation sessions and group discussion sessions are also included.

A key element of the NME’s practical applications is a set of NME Classroom Tools including the Classroom Functional Map (see Figure above), which provides a simple and rapid way for a 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

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basic concepts about development, the brain, stress and trauma, and then teach them how to apply this knowledge to the teaching and learning process.

### NME Advanced Trainer: Phase III

A school or school district may elect to have one or more of their NME Trainers go through the NME Advanced Trainer process. The advantage of this additional professional development is that NME Advanced Trainers are allowed to use the NMN training materials and resources to train NME Trainers (Phase I and Phase II) in their system at a significantly reduced fee (see below). This deeper dive into the core concepts will allow the NME Advanced Trainer to play a more comprehensive consultation role in teaching NM concepts and implementing innovations for the classroom.

There are twelve modules in Phase III. This more intensive training experience will take between 9 and 12 months.

## Requirements for Participation in the NME Trainers Program

NME Trainers may be educators, school counsellors, 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

**\*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 the NMN. They are NOT qualified to teach about the Neurosequential Model of Therapeutics (NMT) or instruct others in the use of the NMT Clinical Practice tools (different and separate from the NME Educational Mapping Tool.)

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## NME Trainer Program Components

### A. Required Elements

#### NME Trainer: Phase I

1. *Core Content: Phase I*
  - a. Introduction to the NME Series
  - b. Multimedia content (No additional requirements in Phase I)
  - c. Readings
    - i. The Boy Who Was Raised as a Dog (required: not provided)
    - ii. Book Study Guide
2. *NME Community Interactions*
  - a. NME Implementation Calls (monthly, with Steve Graner, Director of NME Programs, Dr. Perry and NME Mentors)
  - b. Phase I Discussion Webinars (One required in Module 6)
  - c. NME Web-based Resource support page
  - d. NME Facebook Discussion Group

#### NME Trainer: Phase II

1. *Core Content: Phase II*
  - a. NME Case-based Conference Series (ten 90-minute recorded sessions)
  - b. Multimedia content (provided via streaming account)
    - i. *Six Core Strengths for Healthy Development*
    - ii. *Bootcamp video clips series*
    - iii. NME Multimedia and presentation content (NME Slide package)
  - c. Readings
    - i. Born for Love (supplemental)
    - ii. Book Study (strongly suggested)
    - iii. Six Core Strength supplemental reading
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 Implementation calls (monthly, with Steve Graner, Director of NME Programs, Dr. Perry and NME Mentors)
  - b. NME Supervision calls (Session 1, 3)
  - c. NME Web-based Resource support page

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- d. NME Facebook Discussion Group

### NME Advanced Trainer: Phase III

#### 1. Core Content

- a. Developmental Trauma Series (nine 90-minute recorded webinars)
- b. NME Advanced Trainer case-based Webinar (ten 60 minute webinars)
- c. Supervision and teaching NME Trainer Phase II cohort
- d. Multimedia content (provided via streaming account)
  - i. *The Neurosequential Model of Therapeutics*
  - ii. NME Multimedia and presentation content (NME Slide package)
- e. Readings
  - i. Born for Love (required: not provided)
  - ii. Book Study Guide (strongly suggested)
- f. NME Implementation Series (ten 90-minute recorded webinars)

#### 2. NME Community Interactions

- a. NME Discussion Calls (with Steve Graner, Director of the NMN's NME Programs, or NME Mentor). Required for completion of each of 6 training modules.
- b. NME Web-based Resource support page
- c. NME Mentor supervision webinars
- d. 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. The NMN 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 (defined to be the set of classrooms housed at one distinct physical address) for one year. 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 their accounts and NME resources.

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## NME Fees

### Introduction to the NME Series\*

*(\*fee is for the stand-alone product; this Intro series is included if enrolling in the NME Trainer (Phase II) Track)*

Individual enrollment: \$300

Group enrollment (for up to 25 participants): \$1000

### NME Trainer (Phase II) Program

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

NME Trainer (Phase II)	Per Trainer cost	Total Program Cost
1 to 3	\$3500/Trainer	\$3500 - \$10,500
4 +	\$3000	\$12,000 +

### NME Mini-map School License

Number of "Mini-maps"	Cost per map	Total cost
250	\$1.00	\$250
500	\$0.75	\$375
1000	\$0.50	\$500
Unlimited	na	\$1000

*Note: The NMN 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. All figures are presented in US Dollars.*

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### Advanced NME Trainer (Phase III) Program

Only NME Trainers may enroll for the Advanced NME Track (Phase III). The actual cost of the NME Trainer Program will vary depending upon the number of actual NME Trainers a school or school district chooses to enroll after completing the NME Intro Series. The cost is determined per participant.

NME Advanced Trainer (Phase III)	Per Trainer cost	Total Program Cost
1 to 3	\$6000/Trainer	\$6000 - \$18,000
4 +	\$5000	\$20,000

*In addition to the above cost, during training, each NME Advanced Trainer must have one or more NME Trainer to "coach"/train (see above; 3500/trainer). Total minimum cost for a district/school therefore is \$ 9500.*

*After completing the NME Advanced Trainer process an NME Advanced Trainer may train up to 10 NME Trainers per year in their school or school district (using the NMN webinar, multimedia and print content) at a rate of \$500/trainer.*

*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; in fact, it has been developed to complement a variety of existing social-emotional learning models. 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 NMN. NME Trainer status does not comprise endorsement by the NMN for independent application of principles or practices presented during this introduction to the NME process.*