

**MOUNT  
SAINT  
VINCENT**



*Life Becomes Better*

**Providing Clinical Assessments and  
Therapeutic Treatment for  
Children Who Have Experienced Abuse,  
Neglect, Trauma or Mental Illness**



**The Neurosequential Model  
of Therapeutics**

## Helping Your Family Heal

Does your child struggle to control his or her behavior? Is your child's inability to regulate emotions affecting his or her ability to function optimally in a school or family setting? The highly trained clinicians at Mount Saint Vincent can help.

Mount Saint Vincent is a leader in the application of the Neurosequential Model of Therapeutics, a developmentally sensitive approach to child trauma treatment.



The NMT approach, developed by internationally recognized child trauma expert Bruce D. Perry, M.D., Ph.D., is a relational-based model that builds upon a child's strengths.

The Neurosequential Model is not a specific therapeutic technique or intervention; it is a way to organize a child's history and current functioning.

The goal of this approach is to structure the assessment of a child, articulate the primary problems, identify key strengths, and apply interventions in a way that will help family, educators, therapists, and related professionals best meet the needs of the child. ❤️

## A Revolutionary Approach

When a child suffers from mental illness, abuse, or neglect, his or her brain organizes in a disorganized fashion. The unique NMT approach helps us discover exactly where the child is developmentally, so appropriate interventions can be taken to address the child's needs.

Following Perry's model, our clinicians conduct thorough assessments that measure development in 32 separate areas of the brain.

This comprehensive assessment also takes other pertinent evidence into account. This may include developmental history, a review of prior evaluations and reports, and interviews with the child and individuals with significant impact on the child's life.

Using this data, a functional brain map is created, detailing the developmental levels and current functioning in the 32 areas. Our clinicians can then recommend practical, day-to-day activities you can do at home to support any clinical therapies your child may be receiving. ❤️



## Effective, Strengths-Based Treatment

The Neurosequential Model of Therapeutics (NMT) is changing how children that have experienced abuse, neglect, trauma or mental illness are treated.

The evidence-based NMT integrates several core principles of neurodevelopment and traumatology into a comprehensive approach.

Mount Saint Vincent is one of only a handful of organizations worldwide designated as a flagship site for NMT, an honor bestowed by The ChildTrauma Academy of Houston, Texas. ❤️



**Find out if an NMT assessment and an individualized treatment plan is right for your child.**

**Call Clinical Director Kirk Ward at 303-458-7220 ext. 238 for complete information.**

## Transforming Josh: A Case Study

As a result of his debilitating behavioral challenges, Josh struggled with his life.

He had difficulty trusting people, refused to follow instructions, and displayed aggressive behaviors. He couldn't sit in class for more than five minutes at a time and found it difficult to maintain focus.

After his NMT assessment, a series of interventions was prescribed, including animal-assisted therapy, vigorous exercise, dance/movement therapy, and scheduled "brain breaks" during the school day.



Now Josh is rebuilding his relationships with family members, can sit through his classes, and actually enjoys school. "His life has been transformed," said his foster care dad. "We are deeply grateful to the staff at Mount Saint Vincent." ❤️

“I have been fortunate to work with the remarkable people at Mount Saint Vincent for many years. During this time, I have seen their creativity, dedication, and knowledge transform the lives of many children.”

– Bruce D. Perry, M.D., Ph.D.  
Founder, The ChildTrauma Academy



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