

## HOPE JOURNEYS

### Positive Relationship Approaches

#### NEUROSEQUENTIAL MODEL of THERAPEUTICS

##### NMT

The Vandys have lived and worked extensively with youth for a youth agency specializing in NMT methods. These youth experienced extreme neglect and trauma in very early childhood which seriously delayed their brain development.

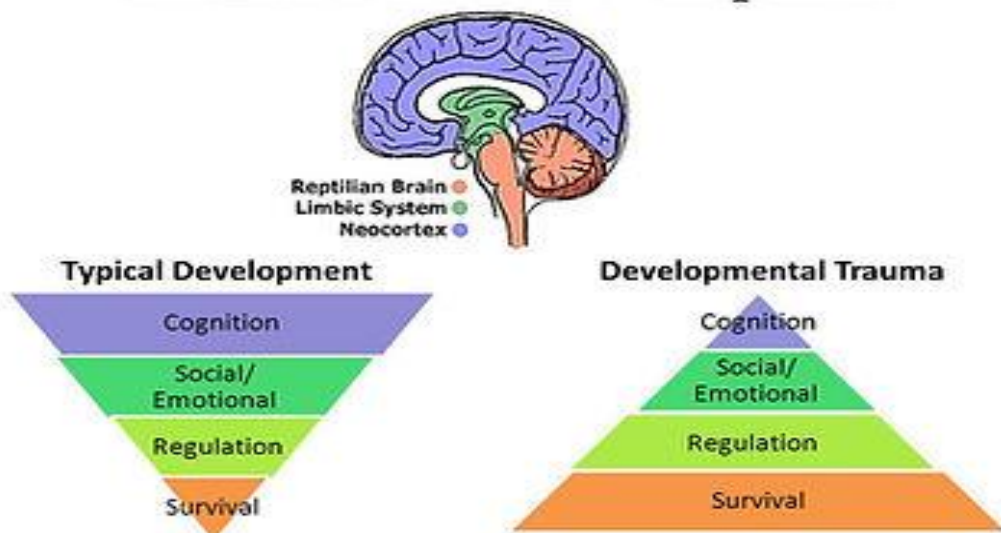
#### WHAT IS TRAUMA?

Trauma comes from a serious or ongoing threat that overwhelms our ability to cope. Living in an abusive situation is trauma. Ongoing psychological and emotional abuse, gaslighting, blame shifting, lies, manipulation, and betrayal is beyond anyone's ability to cope.

Trauma isn't just about what happened in the past. It doesn't end when we leave the abuse. It's the imprint that the abuse left on your brain and body.

*Source: [How Trauma Affects our Brain, Body, Feelings, Thoughts, and Healing — Confusion to Clarity \(confusiontoclaritynow.com\)](http://confusiontoclaritynow.com)*

### Trauma & Brain Development



Adapted from Holt & Jordan, Ohio Dept. of Education

## ***Symptoms of Unresolved Trauma:***

- ~ Anxiety, a chronic sense of panic, easily triggered by events or conversations.
- ~ Feeling like your nervous system is on high alert, that you can't control how you feel. Not trusting yourself.
- ~ Feeling overwhelmed by life, disconnected from the world and others.
- ~ Feeling unsafe in your body, even after you are out of the abuse.
- ~ Having a hard time thinking, concentrating, making decisions; racing thoughts.
- ~ Spacing out, shutting down, dissociation, feeling disconnected from yourself, your body, and your feelings.
- ~ Low motivation, feeling empty, helpless, trapped, and exhausted.
- ~ Trouble sleeping.
- ~ Losing your sense of purpose and direction.

## ***Activities that Regulate the Brain***

### **The 6 R's of NMT**

**Repetitive** (Happens multiple times, over a period of time)

**Rhythmic** (Has rhythm, like music, dance or exercise)

**Relevant** (Can see the benefit and importance of doing)

**Relational** (Strengthens bonds with others, especially those close to us)

**Respectful** (Feel valued and appreciated when or after doing something)

**Rewarding** (The payoff is worth the effort)

### **Examples of Brain Regulating Activities**

<b>Dance</b>	<b>Music</b>	<b>Exercise</b>	<b>Yoga</b>
<b>Walking</b>	<b>Rocking</b>	<b>Swinging</b>	
<b>Painting</b>	<b>Drawing</b>		
	<b>Campfires</b>		
<b>Storytelling</b>	<b>Fairy Tales</b>		
	<b>Board Games</b>		
<b>Beading</b>	<b>Puzzles</b>		

Source: Used with permission from the Neurosequential Model of Therapeutics: Child Trauma Academy, Dr. Bruce Perry NMT

## Adverse Childhood Experience (ACE) Questionnaire

The **Adverse Childhood Experience (ACE) Questionnaire** is a 10-item self-report measure developed for the ACE study to identify childhood experiences of abuse and neglect. The study posits that childhood trauma and stress early in life, apart from potentially impairing social, emotional, and cognitive development, indicates a higher risk of developing health problems in adulthood.

Adverse Childhood Experience Survey		
QUESTION	Yes	No
Did a parent or other adult in the household often or very often... Swear at you, insult you, put you down, or humiliate you? or Act in a way that made you afraid that you might be physically hurt?		
Did a parent or other adult in the household often or very often... Push, grab, slap, or throw something at you? or Ever hit you so hard that you had marks or were injured?		
Did an adult or person at least 5 years older than you ever... Touch or fondle you or have you touch their body in a sexual way? or Attempt or actually have oral, anal, or vaginal intercourse with you?		
Did you often or very often feel that ... No one in your family loved you or thought you were important or special? or Your family didn't look out for each other, feel close to each other, or support each other?		
Did you often or very often feel that ... You didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? or Your parents were too drunk or high to take care of you or take you to the doctor if you needed it?		
Were your parents ever separated or divorced?		
Was your mother or stepmother: Often or very often pushed, grabbed, slapped, or had something thrown at her? or Sometimes, often, or very often kicked, bitten, hit with a fist, or hit with something hard? or Ever repeatedly hit over at least a few minutes or threatened with a gun or knife?		
Did you live with anyone who was a problem drinker or alcoholic, or who used street drugs?		
Was a household member depressed or mentally ill, or did a household member attempt suicide?		
Did a household member go to prison?		
<b>Add up your "yes" answers – that's your ACES score</b>		

A direct link has been identified between the ACE score and adult chronic illness, as well as emotional and social issues such as depression, domestic violence, and suicide.

### USING THE ACE QUESTIONNAIRE

The survey consists of ten questions. Each affirmative answer is assigned one point. At the end of the questionnaire, the points are totaled for a score out of ten, which is known as the ACE score.

*Source:* GoodTherapy | Adverse Childhood Experience (ACE) Questionnaire