SMART Sensory Motor Arousal Regulation Treatment
A Bottom-Up Treatment for Children and Adolescents with Complex Trauma
Presented by SMARTmoves, LLC

Training Details

Dates: November 7 - 8, 2019
Time: 9am to 4:30pm
Where: UMass Lowell - 50 Warren Street, Lowell, MA 01852

Presenters: Anne Westcott, LICSW and Alexandra Cook, PhD

Contact: hfinn@smartmovespartners.com

Registration: www.smartmovespartners.com

Rates:
Early Bird (Sign up by 10/9/19) - $375
Individual (Registration after 10/9/19) - 415
Group - $350*

*Group rate applies to 3+ individuals from the same institution registering at the same time.

SMART is a full body, multi-sensory, treatment designed specifically for children and adolescents impacted by experiences of Developmental Trauma. SMART utilizes a dynamic, flexible, child-led approach that weaves three key targets: Regulation, Attachment-building, and Trauma Processing, without relying on language as an entry point for engagement. By providing opportunities for fully embodied play and self exploration, SMART supports children and adolescents in becoming more organized, flexible, expressive, and able to engage effectively in the present moment. Caregivers are also an integral part of the treatment process and are able to learn these strategies to increase their ability to be present and grounded while caring for their children.

SMARTMoves, LLC provides Training and Consultation in the implementation of this unique and innovative treatment approach. The training model utilizes a combination of an Intensive 2-day Training and can be followed by an optional Consultation Module integrating didactic presentation, viewing of videotape of therapy examples, and experiential practice to enhance the clinicians skills and competence implementing this approach with children and families.