

# 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](mailto:hfinn@smartmovespartners.com)

**Registration:** [www.smartmovespartners.com](http://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 now listed in the National Registry of Evidence-based Programs and Practices/SAMSHA as a promising practice, and has been adapted for use in residential treatment and community based services.*

**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.