

TRANSFORMING TRAUMA IN CHILDREN AND ADOLESCENTS



An Embodied Approach to Somatic Regulation,
Trauma Processing, and Attachment-Building

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An innovative somatic and attachment-based treatment for working with children and adolescents who suffer from complex trauma and neglect

The **SMART** (Sensory Motor Arousal Regulation Treatment) program addresses three key processes that can be derailed by developmental trauma—somatic regulation, trauma processing, and attachment-building—and uses movement and sensation to target the neurological structures that support emotional and behavioral regulation.

Transforming Trauma in Children and Adolescents teaches therapists the eight key skills required for SMART mastery and provides seven regulation tools for clients, helping children and adolescents manage their feelings and attend to developmental tasks like making friends, participating at school, learning to play with others, and developing a sense of self that includes—but isn't defined by—the trauma they've experienced. Enriched with case studies and recommended adaptations, the book includes resources for parents and other caregivers who want to provide ongoing supportive care outside the clinical setting.

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"SMART is a ground-breaking new approach to treating traumatized children, based on the combination of keen clinical observation, sensory integration, and a deep understanding of the latest advances in the neuroscience of trauma. With simple and affordable equipment, SMART creates a sensory space that helps children activate their sensory and physical needs and expressions, which in turn helps them to befriend their internal sensations and manage their actions and interactions. SMART fosters this core foundation for becoming a functioning human being, and thus it can help children to access and activate their rational brains and become full partners in connection, play, learning, and language."

—**BESSEL A. van der KOLK, MD**, best-selling author of *The Body Keeps the Score* and founder and medical director, emeritus, of the Trauma Center

"SMART is a revolutionary approach that exquisitely weaves together the authors' profound clinical wisdom and observations with the science and theory of the leading thinkers and scientists in our field. A must-read for mental health professionals."

—**TINA PAYNE BRYSON, LCSW, PHD**, best-selling coauthor of *The Whole-Brain Child* and *The Power of Showing Up*

"The authors have developed a triune intervention model that threads together the aspects of somatic regulation, trauma processing, and attachment-building in order to widen the window of tolerance for the dysregulated behavioral, emotional, and relational challenges faced by children and adolescents with a history of developmental trauma. This book is a clinical must-read for therapists who treat traumatized children or adolescents."

—**MARILYN R. DAVILLIER, LCSW, MSSA, & ED TRONICK, PHD**, founders of Infant-Parent Mental Health Fellowship, University of Massachusetts Boston

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