

Book Study Guide

Neurosequential Model in Education (NME)
Neurosequential Model in Sport (NM Sport)

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Overview

This book study guide was prepared by members of the Neurosequential Network to assist educators – including coaches – explore key concepts presented in *What Happened to You*. As you will see, the basics of brain organization and functioning, understanding the stress response and the impact of developmental experiences – good and bad – are all foundational for effective communication, teaching and coaching. The questions in this Guide are only a rough framework; please feel free to skip, add and modify any of these to better fit your group. And, please feel free to share your experiences and insights with our team (send comments to info@neurosequential.com). We are always trying to learn and improve.

The purpose of the Neurosequential Model in Education (NME) is to help educators, caregivers and students better understand some of the most important – and most easily mastered – concepts related to how the brain develops and changes. Understanding and acting on these concepts will lead to more effective and pleasurable learning experiences. While the NME is often referred to as an approach that will make a school “trauma-informed”, we know that the core concepts of the NME have broad relevance for teaching all children, youth and adults. Again, understanding how the brain processes, stores and retrieves information – especially when stress, distress and trauma are involved - is foundational to education.

There are several ways that The Neurosequential Network brings the NME to educators and educational settings; some of these are didactic (e.g., a daylong seminar using a lecture format), some are more consultation based (e.g., the NMN’s web-based Case-based NME teaching series) and some are relational, interactive and involve an ongoing learning process. A similar Book Study Guide for *The Boy Who Was Raised as a Dog* was created to provide an interactive introduction to the core concepts of the Neurosequential Model as used in educational settings (NME), caregiving settings (NMC), athletics (NM-Sport), and therapeutic settings (NMT). The present book study guide for *What Happened to You* will play a similar and complementing role for NME and NM Sport. Similar Book Study Guides for the NMT and NMC are in development.

The first NME “beta” class of 25 staff members was this group of teachers at Erik Ramstad Middle School in Minot, ND in 2010. Eleven years later, NME training has now grown to include over 25 countries and thousands of schools, impacting hundreds of thousands of students. The clinical version of the Neurosequential Model, the NMT is being used in over 28 countries and 90,000 NMT assessments (NMT “metrics”) have been completed. Conservative estimates of the number of children impacted by the NM is over 2.8 million....and growing.

While the guide was developed by educators for educators it can be useful to a much larger audience. Our first ‘beta’ test of this book study was a Coaches Book Study provided in context of our emerging NM Sport initiative in collaboration with We Coach and the newly formed Center for Healing and Justice Through Sport (CHJS).

The Neurosequential Model in Sport (NM-Sport) is not a specific “program” or “intervention.” It includes a “capacity-building” process that provides an introduction to important concepts related to engagement and performance in sport by focusing on how the brain works, develops, changes and is impacted by developmental adversity including trauma. In application, NM-Sport can inform effectiveness in coaching, performing, training and a host of key skills needed for success in sport.

We believe this book can provide a solid introduction to core concepts that can help you better understand yourself and others. By participating in this book study, you will be joining many others who are continuously learning and growing in an effort to better understand and serve children, youth and families. Welcome, you are in good company.

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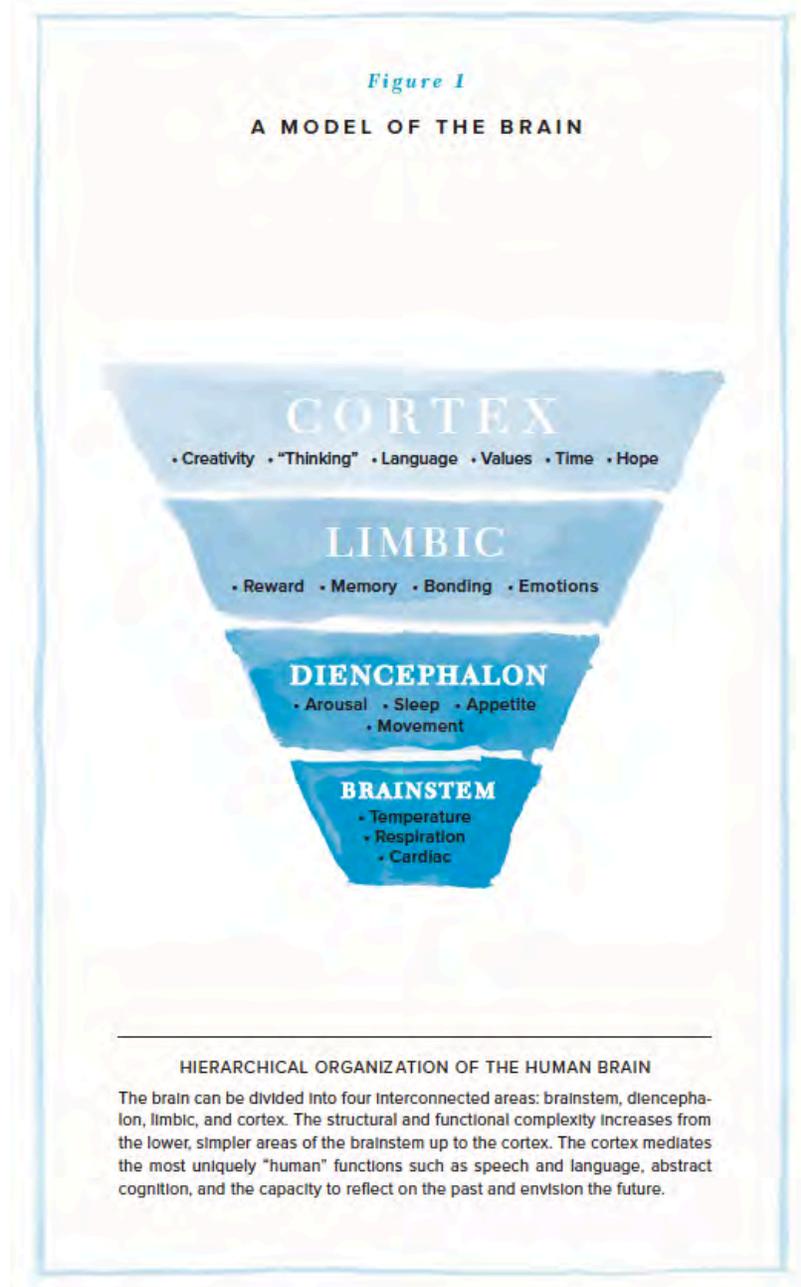
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6. Consider this quote from Dr. Perry on p. 29: *"All experience is processed from the bottom up, meaning, to get to the top, "smart" part of our brain, we have to go through the lower, not-so-smart part. This sequential processing means that the most primitive, reactive part of our brain is the first part to interpret and act on the information coming in from our senses. Bottom line: Our brain is organized to act and feel before we think."*

What does this mean to us as educators and coaches when we consider the most effective ways to teach, learn, and organize our education/sports community?

