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Doodles, Dances & Ditties: A Trauma-informed Somatosensory Handbook

Mollie Heibert, Jennifer Platt, Kendra Schpok, Jessica Whitesel

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The first of its kind, this long-awaited handbook compiled by the Creative Arts Therapy team at Mount Saint Vincent, offers therapists, caregivers, parents and educators practical, creative art activities organized by the four broad domains of functioning derived from the Neurosequential Model of Therapeutics (NMT), developed by Dr. Bruce Perry and his colleagues at the ChildTrauma Academy. Mount Saint Vincent, one of few treatment facilities in the world to hold the prestigious NMT Flagship Program designation from The ChildTrauma Academy, applies a developmentally sensitive approach to trauma treatment for children ages 5-13. This handbook represents hundreds of hours of application and feedback by clinicians, direct care professionals and educators. We hope that it is as valuable a resource for anyone seeking practical trauma-informed tools as it is for us.

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