**Sensory Motor Arousal Regulation Treatment (SMART)**

**TARGET AUDIENCE**
This program is for children and youth who are age 2 to 21 years old and have a history of complex trauma and their parents.

**SUMMARY**
Sensory Motor Arousal Regulation Treatment (SMART), a community-based program, is designed to address and correct the functional impairments that youth experience as a result of trauma through the use of movement-based somatic regulation therapy.

**EVIDENCE**
A quasiexperimental pilot study in a small group of predominantly female participants who had been exposed to multiple forms of trauma found that those in the SMART intervention group experienced significant reductions from pre-treatment to post-treatment on a scale of internalizing behaviors, specifically somatic complaints and anxious/depressed behaviors, compared to participants in a treatment as usual group. The average length of time from pre-treatment assessment to post-treatment assessment was 9 months; however, the range was 6 to 12 months.

**COMPONENTS**
SMART is a trauma psychotherapy that intends to improve participant's regulatory abilities, provide tools to manage intense feelings, offer skills for shifting physiological arousal, and support the processing of trauma and daily life challenges through the use of various non-verbal sensory motor strategies. The intervention is delivered in an active therapy room that allows participants to choose from a variety of equipment that would best comfort and calm them. The SMART intervention consists of three main components:

- **Regulation** - Utilize different forms of sensory motor input to help regulate states of arousal;
- **Trauma processing** - Engage in activity, play, and games to facilitate processing of traumatic events; and
- **Attachment** - Enhance feelings of interpersonal security via active dyadic engagement.

This therapy can be used to treat somatic problems, emotional dysregulation, Post-Traumatic Stress Disorder, behavioral disorders, and mood and anxiety disorders that are based in a history of trauma. Delivery format is flexible, and the program can be implemented as individual therapy, caregiver-child therapy, or parent psychoeducation and coaching.

**PREVIOUS USE**
SMART has been adapted for use in various settings and is currently being implemented in a residential eating disorder treatment center and in an agency in Hong Kong.
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**TRAINING**

This program is delivered by mental health professionals, including master's level therapists, counselors, or clinicians who have a background in trauma theory, child development, and child therapy strategies. Required 2-day off-site training costs $380; an optional 3rd day of training can be added for an extra $100. The treatment manual also contains information that will assist facilitators when implementing the program. Please contact The Trauma Center at JRI using details in the Contact section for more information on training and costs.

**CONSIDERATIONS**

Considerations for implementing this program include hiring therapists who have a suitable educational background and ensuring they receive training; acquiring participant buy-in; locating space large enough to allow for movement and use of basic equipment (e.g., mini-trampoline, physioballs, weighted blankets, low balance beam, beanbag chairs); and installing a videotaping system to assist with therapist training and supervision, to guide patient treatment, and to continue program enhancements.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**IMPLEMENTATION**

If you are interested in implementing SMART, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**TIME**

Length of treatment is flexible and varies based on the needs of individual participants.

**COST**

The SMART manual costs $50. Please visit the third website listed in Source for more information on orders and payment options.

**EVALUATION PLAN**

To move SMART to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least one year from the beginning of the program or at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu

**CONTACT**

Contact the Clearinghouse with any questions regarding this program.
Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact Elizabeth Warner by email elizabethwarner1123@gmail.com

**SOURCE**