



Acton-Boxborough Regional School District

2017-2018 Family Learning Series

# Attunement & Somatic Regulation:

## A Body Based Approach Toward Increasing Understanding & Resilience Within Your Child

### with Heather Finn, LICSW

February 6, 2018 7-8:30pm | RJ Grey Auditorium

**This presentation will build participants understanding of a child's developmental and regulatory needs from a "bottom up" perspective, and explore the role of interpersonal attunement and somatic regulation in helping children cope with and rebound from stress. Specific focus will be placed on helping participants make sense of children's behavioral responses to stress, and to develop skills that can help children regulate their emotions and behaviors more effectively through use of body based interventions and sensory tools. Participants will also be introduced to Sensory Motor Arousal Regulation Treatment (SMART), a therapeutic intervention designed to explore and expand the repertoire of regulating experiences for children and their caregivers with the aim of nurturing healing, growth and resilience.**



Heather Finn, LICSW, is Clinical Director and a practicing psychotherapist at the Trauma Center at JRI. Heather specializes in the treatment of children, adolescents and families who have been impacted by chronic adversity and traumatic stress. She has particular interest in the healing role that physical play and movement can have in building positive attachments and supporting resilience on individual, family and community levels.

Heather is a trainer and contributing developer of the Sensory Motor Arousal Regulation Treatment (SMART) model, and a trainer for the Attachment, Regulation, Competency (ARC) trauma treatment framework. She is also the lead-author of a case study demonstrating the utilization of the SMART model "The Boy Who Was Hit in the Face: Somatic Regulation and Process of Pre-Verbal Complex Trauma" in the Journal of Child Adolescent Therapy.

*Supported by the ABRSD PTOs, and PTSOs, AB Special Education Parent Advisory Council, Danny's Place Youth Services and AB United Way*