

September 28, 2019

To Whom it May Concern,

I have been a Licensed Marriage and Family Therapist since 2000. I have been working with children with developmental trauma and their families for over 25 years in various capacities (Child Protective Services, outpatient mental health clinics, schools, etc.). Sadly, it is my experience that most of what is currently being offered to mental health clients in these settings is not based on what the field of neuroscience is telling us is necessary for healing. I don't believe it is intentional, but rather due to a widespread lack of current and vital information.

Neuroscience states that to heal the impact of developmental trauma and neurodevelopmental disabilities, you have to mature and organize the brain at the lowest level of where there are impairments because the brain is a hierarchical organ. For most children with developmental trauma, their neurology is impaired at the level of the primitive brain. Yet most therapeutic interventions target higher brain regions (limbic and cortical). Current estimates say that 1 in 4 children have developmental trauma and at least 1 in 5 children have neurodevelopmental disabilities. If we want to help these children, we need to provide them with what their brain needs. Unfortunately, there are very few psychotherapists that I am aware of that know of or are trained in intervening at level of the primitive brain.

Sonia Story's courses, Brain and Sensory Foundations (BSF) Levels 1 and 2, provide research-based, neuroscientific information and teaches neuro-sensory-motor interventions that are critical to helping regulate and mature the brainstem, thereby healing the roots of many mental health disorders.

I sought long and hard to find the kind of training I found through the Brain and Sensory Foundation courses and I have been more than thrilled with the results I have been seeing in the short time I have been using neuro-sensory-motor interventions with clients. Some examples include a toddler no longer having separation anxiety when her adoptive mother has to go somewhere without her and a 9-yr old boy having fewer dissociative, aggressive episodes at home.

Sincerely,

Teri Gelgood, LMFT

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