

SMART Foundations Training

COURSE CONTENT

GET IN TOUCH



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About Multisoft

Train yourself with the best and develop valuable in-demand skills with Multisoft Systems. A leading certification training provider, Multisoft collaborates with top technologies to bring world-class one-on-one and certification trainings. With the goal to empower professionals and business across the globe, we offer more than 1500 training courses, which are delivered by Multisoft's global subject matter experts. We offer tailored corporate training; project Based Training, comprehensive learning solution with lifetime e-learning access, after training support and globally recognized training certificates.

About Course

The SMART Foundations Training offered by Multisoft Systems is designed to empower professionals across various industries to enhance their goal-setting capabilities using the SMART criteria—Specific, Measurable, Achievable, Relevant, and Time-bound. This comprehensive training equips participants with the necessary tools to articulate clear and achievable objectives, ensuring that goals are strategically aligned with both personal and organizational aspirations.

Module 1: Foundations of the SMART Treatment Model

- ✓ Framework of SMART
- ✓ The Hierarchy of Development and the Brain
- ✓ Senses of Self
- ✓ Foundations of Somatic Regulation and Attachment Building

Module 2: States and Regulation Tools

- ✓ SMART as a state-based approach
- ✓ SMART Regulation Map, Child Indicators of Integrated State, Traumatic States and Fluid Zones
- ✓ Introduction to the 7 Tools of Regulation

Module 3: Therapist Skills and Video Reflection

- ✓ Tending to Safety in SMART
- ✓ SMART Therapists Skills
- ✓ Role of Video and Video reflection for SMART Treatment

Module 4: Assessment and Treatment for Somatic Regulation & Trauma Processing

- ✓ Application of SMART components for Assessment
- ✓ Role of video in Assessment
- ✓ Specific coaching in how to apply skills and tools for
- ✓ Enhancing somatic regulation
- ✓ Processing traumatic material

Module 5: Assessment and Treatment for Attachment-Building & Integration of Course Content

- ✓ Specific coaching in how to apply skills and tools for attachment building

- ✓ Integration of Attachment Building, Trauma Processing and Attachment building in a SMART Tx through use of discussion and clinical video
- ✓ Embodied practice using multisensory equipment to support creating new rhythms of engagement
- ✓ Generalizing learning to home and community settings.