SMART Therapy Video Resources

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This page provides a series of SMARTmoves video resources that introduce Sensory Motor Arousal Regulation Treatment (SMART), a trauma-focused therapy that uses movement, sensory input, and connection to help children and families regulate emotions and build resilience. It outlines six instructional sessions covering key concepts—such as proprioception, touch, movement, rhythm, and attachment—along with links to additional videos in the SMART at Home series.

Watch videos