

Demystifying Sensory Processing

A focus for occupational therapists working in mental health settings for adults
Training Course Outline

Testimonials from previous training sessions

“Trainer was excellent - knowledgeable and delivered in a very engaging & easy to understand style.”

“The knowledge relating to sensory processing will give me confidence to use this as an assessment tool.”

“Really stimulated thought about sensory environments in workplace, personally, with staff & patients.”

“Very informative and presented in a relaxed engaging fashion”

Course Summary

Day one: Theory and Assessments

Day two: Treatment Application

The mental health industry allows occupational therapists to make holistic and fundamental differences to how people manage their illnesses and improve the quality of their lives. While our focus has traditionally been around rehabilitation, we continue to make massive contributions towards primary healthcare and health promotion.

Considering the changing world of today, with increased stress and pressure, we as a profession have the ability to transform people, families and communities. Sensory intelligence® simplifies the sensory processing theories and practice to make it more accessible for therapists working with adults suffering from mental health disorders.

It is a toolbox filled with insights and practical skills tapping into sensory neuroscience to empower and equip you as a therapist to add a new dimension, with proven results, to your therapy.

Duration

Two full days

15 hours CPD

Training Outcomes

- Get an in-depth understanding of sensory processing and profiling and how it can be used to improve the quality of life, home, work and relationships for adults.
- Understand complex sensory neuroscience concepts in a more practical and easy to use format.
- Expand your service offering as a therapist in utilising practical, sensory insights and strategies to fast track therapy for adults in psychiatric and/or educational settings. Sensory intelligence® can be successfully integrated in the treatment of adults with ADHD, Asperger syndrome, anxiety and depression, stress related disorders, etc.
- Expand your service offering to achieve results faster and efficiently to reduce stress, preserve energy and maximise day-to-day performance.

Course Capacity

Training effective for up to 50 people

Course Outline: DAY 1: Theory and assessments

9.00	Arrival and registration
9.30	<p>Introductions, expectations & objectives</p> <p>Sensory intelligence® introduction</p> <ul style="list-style-type: none"> • What is sensory intelligence®? • The 7 senses in living, working and learning and how they impact our lives • Neuroscience: it's all in the brain • Complex neuroscience theories in user-friendly, clear and logical applications • IQ, EQ and Sensory Intelligence® – synergy and differentiation • Realities of sensory intelligence® <p>The theory and constructs of sensory processing</p> <ul style="list-style-type: none"> • Terminology differentiation and overview of constructs • Sensory processing, sensory modulation, sensory discrimination, sensory integration • The theory and constructs of sensory modulation: history and development • Neurological thresholds and behavioural response • Modulation models <p>Questions and Answers</p>
11.00-11.30	Tea and Stretch break
11.30	<p>Research findings in adult sensory processing</p> <ul style="list-style-type: none"> • Introduction and overview • Occupational therapy & mental health research • Informing practice and therapy applications – other fields of knowledge <p>Mental health positioning (Group work and discussions)</p> <ul style="list-style-type: none"> • Objectives and goals of OT in mental health • Current realities, settings & diagnoses • Attention, emotion and behaviour – the influence of sensory processing • The benefits of using a sensory processing approach in mental health <p>Questions and Answers</p>
14.00-14.45	Lunch
14.00	<p>Assessments tools for adults</p> <ul style="list-style-type: none"> • Sensory Profile (Brown & Dunn, 2002): Quadrant focus • Sensory Matrix (Lombard, 2005): System threshold focus • Other <p>Sensory audits – the environment as intervention</p> <ul style="list-style-type: none"> • Introduction and rationale • Sensory overload ratings • Match versus mismatch for best-fit <p>Questions and Answers</p>
16.30	Closure

Course Outline: DAY 2: Treatment Application

9.00	Arrival
9.30	<p>Learning & Insight review Day 1</p> <p>The Sensory Matrix – sensory profiling</p> <ul style="list-style-type: none"> • Sensory thresholds and responses • Results and interpretation • What does it mean, how can you use it, why is it important? • Making the right health choices <p>The Sensory Tree™ – analogy to understand your brain stressors and drivers</p> <ul style="list-style-type: none"> • Behaviours and habits through a sensory lens • Management based on profile results <p>Sensory overload and stress</p> <ul style="list-style-type: none"> • Neuroscience of overload and brain states • Exploring arousal levels • Rest-work-stress – the dynamic interplay of arousal levels • Levels of responses to sensory input – the stress stages • Identifying stress risks based on sensory profile results <p>Questions and Answers</p>
11.00-11.30	Tea and Stretch break
11.30	<p>Intervention models and frameworks</p> <ul style="list-style-type: none"> • Person-environment-occupation (PEO) Model • Ecology of Human Performance (EHP) Model • Sensory wellness wheel as a therapy model in mental health <p>Intervention tools</p> <ul style="list-style-type: none"> • Hands on versus a consulting approach • Desensitization, brushing and sensory protocols • Sensory self-regulation: what, how, why • Impact of the senses on the brain • Brain toys and brain foods • Anticipation, planning and preparation • Sensory diets – activity alignment based on profile results • Sensory ergonomics – using the environment as supportive intervention <p>Questions and Answers</p>
14.00-14.45	Lunch
14.45	<p>Case study: Complete adapted EHP model as an intervention framework</p> <ul style="list-style-type: none"> • How sensory processing can inform treatment plans • Intervention plan aligned with the EHP model <p>Questions and Answers</p>
16.30	Closure