

# SENSORY ATTACHMENT INTERVENTION CONSULTANCY

[www.sensoryattachmentintervention.com](http://www.sensoryattachmentintervention.com)



## SAI FOR ADULTS & ADOLESCENTS

IMPACT OF TRAUMA ON REGULATION AND SENSORY PROCESSING

### ONLINE COURSE 2024

*Block 1, 4 Sessions*

**6am GMT / 5pm AEDT (3.5 hours)**

12th, 13th, 19th, 20th February

*Block 2, 8 Sessions*

**8am BST [GMT+1] / 5pm AEST (3.5 hours)**

29th April

8th, 13th, 20th, 29th May

3rd, 12th, 17th June

## **Course Overview**

### **This course is open to:**

Occupational Therapists and Physiotherapists working in LAC, CAMHS & Forensic Settings.

This course introduces Sensory Attachment Intervention (SAI). It trains therapists in the use of the Just Right State Programme (JRS) for Adults and Adolescents, and in the use of the Autonomic Nervous System (ANS) Profile Questionnaire.

SAI looks at the process of regulation and co-regulation from an integrative and neurosequential perspective.

The Just Right State focuses on developing the capacity for self-regulation, co-regulation and reflective functioning. The Just Right State Programme was developed for individuals who struggled to participate in intervention programmes because of their incapacity to regulate their emotional states. The Just Right State Programme can be used with individuals, groups or families.

The Autonomic Nervous System Profile Questionnaire is a self-report questionnaire that looks at indicators of stress, survival behaviour responses and self-regulating behaviours.

It is an exploratory tool for use with individuals to help formulate their regulating needs.

## **Learning Outcomes**

You will learn the following on this course:

- ◇ A basic understanding of the theory and clinical principles of SAI.
- ◇ How sensory processing difficulties impact on attachment relationships.
- ◇ How attachment patterns influence behaviour and caregiving patterns.
- ◇ Administration of the Just Right State Programme for adolescents and adults.
- ◇ Administration and interpretation of the Autonomic Nervous System Stress Profile.
- ◇ Observations of Arousal Coding.
- ◇ Use of Personal Intervention Chart.
- ◇ Use of Self-Regulation Chart.
- ◇ Use of the Trauma Informed Pre-Assessment Checklist.

## **Course Author**

Éadaoin Bhreathnach is the Clinical Director of the Sensory Attachment Centre at Ash Cottage in Co Down, Northern Ireland. Éadaoin is a Consultant Occupational Therapist & Attachment Counsellor. She is a visiting lecturer on the University of Roehampton M.Sc. Attachment Studies Course. She worked for fifteen years in the National Health Service as a clinical practitioner and in senior management. During that period she founded the Irish Sensory Integration Association and later collaborated with colleagues in England and Scotland to establish the Sensory Integration Network UK and Ireland.

In 1990 she set up in private practice to further develop her professional interest in Sensory Integration and Attachment Trauma. Statutory Agencies only referred their most challenging cases (children and adults), who either struggled with or resisted all interventions. She observed they shared common traits such as a heightened and a persistent sense of fear, an over or under reaction to sensory experiences, and difficulty engaging with others. She knew from her Sensory Integration training that regulation of arousal states is imperative before the individual can engage in tasks or with others. Her training in Attachment (DMM) also informed her how individuals are disposed to behave when their core fears are activated. Clinical observations led to a new awareness of how trauma impacts on sensory processing and led to changes in her clinical intervention and approach to assessments. Éadaoin's work has been presented in Ireland, the UK, Spain, Italy, Finland, USA, Australia, and New Zealand. She is currently involved in collaborative research with Academics and clinically based Occupational Therapists, exploring the impact of Developmental Trauma on sensory processing, attachment patterns, and physiological stress patterns.

## **Testimonials:**

*From Feedback on the SAI for Adult and Adolescents Course.*

### **How would you describe your overall training experience?**

*"..feeling inspired/vindicated about the importance of Attachment in my work."*

*"Excellent! Nurturing and supportive and very approachable trainers. Right number of attendees to generate interesting discussion yet keeping it intimate."*

### **Did the course meet your expectations?**

*"Better than expected"*

*"Yes and more"*

### **Any other comments:**

*" I anticipated that this course would be helpful, but it went way beyond that. I imagine that it will resonate with every client I see. I'm inspired to get back and enrich home and work environments; to challenge myself / family / clients / co-workers to become sensory aware minute-to-minute."*

# TIME TABLE

## BLOCK 1

### SESSION 1 - 12TH FEBRUARY

**6am GMT / 5pm AEDT  
(3.5 hours)**

Introductions.  
Clinical Origins of SAI.  
SAI Practice.  
What is the source of anxiety/danger.  
SAI Impact Model.

#### **Break 30mins**

Sensory regulation and the co-regulation process.  
Stress.  
Autonomic Nervous System: SAM, SNS, PNS Systems.  
HPA System.  
Types of aggression.

### SESSION 2 - 13TH FEBRUARY

**6am GMT / 5pm AEDT  
(3.5 hours)**

Check in  
Survival Behaviours & Regulation of Arousal States.  
ANS Stress Profile Questionnaire.

#### **Break 30mins**

Breakout Room Exercise:  
- Social Engagement and Face-to-Face Still Face Observations.  
Social Engagement System & Development of the Vagal Brake.  
Neuroception.  
Factors that influence Therapeutic Efficacy.

### SESSION 3 - 19TH FEBRUARY

**6am GMT / 5pm AEDT  
(3.5 hours)**

Check in and Questions.  
Sensory Processing.  
Sensory Modulation.

SAI Nosology.

**Break 30mins**

Sensory Modulation Exercise.  
Group Feedback.

SESSION 4 - 20TH FEBRUARY

**6am GMT / 5pm AEDT  
(3.5 hours)**

Check in.  
Sensory Discrimination: Spatial Temporal Awareness, Similarities & Differences.  
Practical: Sensory Modulation & Discrimination Activity Analysis.

**Break 30mins**

Self-Injurious Behaviours.  
Sensory Motor Profile.  
Practical Exercise: Haptic Exploration.

BLOCK 2

SESSION 5 - 29TH APRIL

**8am BST [GMT+1] / 5pm AEST  
(3.5 hours)**

Check in and Questions.  
Attachment Behavioural Patterns.  
Illustrated Profiles: Case Study Example.

**Break 30mins**

Nurture Challenge Grid.  
Bowlby & A Secure Base.  
Creating alone space.  
Response to receiving nurturing care.  
Therapeutic provision of a secure base in the home and clinical settings.  
Video of therapy ball massage.

SESSION 6 - 8TH MAY

**8am BST [GMT+1] / 5pm AEST  
(3.5 hours)**

Check in: Therapy ball massage.

Trauma Informed Care: How do we define it?  
Implications for assessment, treatment and staff support.

**Break 30mins**

Practical: Review of current practice.  
Use of the Trauma Informed Pre-Assessment Checklist.  
Use of Impact Chart.

SESSION 7 - 13TH MAY

**8am BST [GMT+1] / 5pm AEST  
(3.5 hours)**

Check in and Questions.  
The Just Right State Adolescent and Adult Programme.  
The Oxygen Mask Rule - your self-regulation needs.  
Creating a Therapeutic Environment.  
Overview of Facilitator's Weekly Guide.

**Break 30mins**

Grounding Exercises.  
Spa Activities.

SESSION 8 - 20TH MAY

**8am BST [GMT+1] / 5pm AEST  
(3.5 hours)**

Check in and Questions.  
Review Stress Patterns & use of Arousal Chart.  
Introducing the Felt Sense.

**Break 15mins**

Mindfulness Food Tasting Exercise: bite size examples of regulating foods.  
Sensory-Emotional Regulating Properties of Food.  
Brought object, grasp and squeeze exercise, receiving support through objects.  
Video Guide to therapy ball sandwich exercise.

SESSION 9 - 29TH MAY

**8am BST [GMT+1] / 5pm AEST  
(3.5 hours)**

Check in and Questions.  
Feedback on therapy ball sandwich exercise.  
Assertiveness: therapy ball exercises.

Equilibrium exercises on therapy ball.  
Movement to music.

**Break 30mins**

Assertive Take and Let Go/Saying No.  
Expansion of Personal Territory.  
Boundary Formation.  
Regulation of Anger.  
Containment.  
Visually Guided Meditation.

SESSION 10 - 3RD JUNE

**8am BST [GMT+1] / 5pm AEST  
(3.5 hours)**

Check in.  
Review of SAI Model  
Clinical formulation using the SAI Model for individuals with Emotionally Complex Needs (CEN).

**Break 30mins**

Preparation for Group Formulation Exercise.  
Review personal photographs of something that has caught your attention, interest, and activates a positive response.

SESSION 11 - 12TH JUNE

**8am BST [GMT+1] / 5pm AEST  
(3.5 hours)**

Check in and Questions.  
Transformation of Sensory Information & Reflective Functioning.  
JRS Reflection Chart.  
JRS Personal Intervention Chart.

**Break 30mins**

SAI Observations of Arousal Coding for Assessments and Practice.  
Video Analysis of JRS key worker's sessions in a UK Secure Unit.

SESSION 12 - 17TH JUNE

**8am BST [GMT+1] / 5pm AEST  
(3.5 hours)**

Check in.  
Final review of SAI Model.

SAI Clinical Formulation & Intervention Exercise: Group 1 & Group 2.

**Break 30mins**

Group 1 - presentation of charts.

Group 2 - presentation of charts.

Final Discussion and Questions.

SAI Therapist Pathway.