

SENSORY ATTACHMENT INTERVENTION CONSULTANCY

www.sensoryattachmentintervention.com



SAI FOUNDATION TRAINING

INTRODUCTION TO SAI: THE IMPACT OF DEVELOPMENTAL TRAUMA
AND INSECURE ATTACHMENT ON SENSORY PROCESSING

Online

*An Introductory Course for Professionals working with
Children, Young People and Families*

For information on venue, fees and how to book please visit:

www.sensoryattachmentintervention.com/introtosai

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Course Overview

This three-day course will look at the theories that provide the framework for SAI. Emphasis will be on the impact of trauma on sensory processing, and on the capacity for self and co-regulation. Participants will learn the neurosequential approach to intervention; that is, when it is most effective to use interventions such as narrative work or play therapy. They will learn the principles of up-regulation and down-regulation to enable physiological adaptation for social engagement and academic learning.

Learning Outcomes

Over the course of the three days you will learn:

- ◇ An understanding of the impact of Developmental Trauma and Insecure Attachment on behaviour and regulation.
- ◇ A basic understanding of Sensory Processing.
- ◇ An understanding of Levels of Self Regulation and how these inform our choice of intervention/s.
- ◇ How to provide enriched regulating environments in the home, school, clinic and contact centres.
- ◇ The benefits of a trans-disciplinary approach - case study illustration.

Testimonials

"Fantastic, well rounded experience, expanded my knowledge, challenged my thinking and provided me with multiple techniques."

"Information, practical, enlightening, useful."

"Enjoyed every minute, superb delivery - interesting examples used through out."

TIME TABLE

DAY 1

9am to 4.30pm

- 9.00** Introduction.
Grounding Exercise.
The importance of self-regulation to avoid burnout.
Overview of contributing theories:
- Schore: Psychobiological Regulation/Co-Regulation.
- PTSD and Developmental Trauma.
- 11.00** Tea/Coffee Break.
- 11.30** Perry; NMT: the neurodevelopmental impact of early childhood trauma.
Principles of use dependent learning.
Group Practical.
Porges: Polyvagal Theory and the use of the Social Engagement System for Self and Co-Regulation.
Group Discussion.
- 1:00** Lunch.
- 1.30** Polyvagal Theory Continued.
Insecure Attachment: the impact on physiological regulation.
- 2.45** Tea/Coffee.
- 3.15** Facilitating Regulation, 2 Case Studies.
Case 1: Flight Fight Bias.
Case 2: Freeze Dissociation Shutdown Bias.
- 4.30** Finish.

DAY 2

9am to 4.00pm

- 9:00** SAI Trauma Impact Chart: review of Day 1 Content.
Introduction to Sensory Processing:
Our Proximal & Distal Sensory Systems;
Sensory Modulation: Thresholds and Arousal States.
- 11:00** Break - Food Exercise. Have your Favourite Snack.

- 11:30** Practical Session on the Regulating Properties of Play Activities.
The Principles of Up Regulation and Down Regulation.
Group Analysis of Play Activities.
- 1:00** Lunch.
- 1.30** Differentiating Sensory and Attachment Behaviours.
SAI Nosology.
Introduction to the Sensory, Arousal States, Attachment, and Physiological Profile.
(SAAP) Questionnaire for School Age Children.
- 3:00** Break.
- 3:30** Questions and Discussion.
- 4.00** Finish.

DAY 3

9am to 3.30pm

- 9.00** Sensory Discrimination - Spatial Temporal Organisation.
Enabling Narrative Expression.
Treasure Chest Exercise.
- 11.00** Mindfulness Eating.
- 11.30** Sensory Processing, Development of Memory Systems, Reflective Integration.
What is a Trauma Informed Approach to Intervention?
- 1:00** Lunch
- 1.30** Planning Intervention - A regulating-sequential approach.
- 2.30** Break.
- 3.00** Case Study Presentation. A transdisciplinary approach to intervention.
Illustration of SAI Parent Child Engagement Sessions, using Sensory
Processing Analysis.
- 4.00** Finish.