

SENSORY ATTACHMENT INTERVENTION CONSULTANCY

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

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

Dates: 27th - 29th November 2023

Venue: Treacy Centre, 126 The Avenue, Parkville
Victoria 3052

Fee: \$1500

ÉADAOIN BHREATHNACH M.SC.
& ANGELA TIEMAN B.SC.

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, play therapy, and education. 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."

Éadaoin Bhreathnach M.Sc.

Course Author & Presenter

Éadaoin Bhreathnach is a Consultant Occupational Therapist and Attachment Counsellor, based in Northern Ireland. She has over 30 years experience of working in the NHS and in private practice. Her work focuses on the treatment of traumatised children, young people, and adults, who struggle to participate in intervention programmes because of their heightened levels of anxiety.

Éadaoin developed a trauma model called Sensory Attachment Intervention (SAI) in which individuals learn to self-calm through the use of sensory regulating activities that can be easily embedded into daily living routines. Key postgraduate training completed includes MSc. in Guidance & Counselling, AAI (Crittenden), Meaning of the Child Interview (MoTC), Child Attachment and Play Assessment (CAPA), MIM Method FIS (Family Interaction Style) Scoring, Advanced training in SI (SIPT Cert) Neurodevelopmental Therapy (Bobath), Somatic Experiencing (Level 2).

Angela Tieman B.Sc.

Course Co-Presenter

Angela Tieman's career extends over 16 years, encompassing experience working as a paediatric occupational therapist in both Australia and the United Kingdom. Angela specialises in sensory integration, relational and trauma informed care with a particular interest in support children and families who have experienced trauma. She is passionate about the mind-body connection and brings a playful approach to her work. Angela loves developing others through clinical supervision and building the capacity of parents and educators through sensory awareness and supporting behaviour through relational neuroscience. Key postgraduate training completed includes Advanced Training in SI (SIPT Certified), Video Interaction Guidance, Theraplay (Level 1 & MIMS), Meaning of the Child Interview (MoTC) and the Child Attachment and Play Assessment (CAPA), Attachment and Psychopathology (Crittendon) and the Safe and Sound Protocol (SSP).

To book please email: bookingforsai@gmail.com

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.
- Epigenetics.
- 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.
- 1.45** Polyvagal Theory Continued.
Insecure Attachment: the impact on physiological regulation.
- 3.00** Tea/Coffee.
- 3.20** Facilitating Regulation, 2 Case Studies.
Case 1: Flight Fight Bias.
Case 2: Freeze Dissociation Shutdown Bias.
- 4.30** Finish.

DAY 2

9am to 4.30pm

- 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.
- 1.45** 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.
- 3:20** Enriching Environments to promote parent child engagement.
- 4.30** 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
- 1.45** Planning Intervention - A regulating-sequential approach.
- 2.45** Break.
- 3.00** Case Study Presentation. A transdisciplinary approach to intervention.
Illustration of SAI Parent Child Engagement Sessions, using Sensory
Processing Analysis.
- 3.30** Finish.