

SENSORY ATTACHMENT INTERVENTION CONSULTANCY

www.sensoryattachmentintervention.com



SAI FOR ADULTS & ADOLESCENTS

IMPACT OF TRAUMA ON REGULATION AND SENSORY PROCESSING

Hybrid

This course is presented over 6 days

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

www.sensoryattachmentintervention.com/adultsandadolescents

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Course Overview

Where possible it is strongly recommended that therapists opt for the hybrid version of this training, as a key element is working on the Felt Sense. The nurturing environment of the cottage provides unique experiential, somatic learning that online training cannot provide.

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. This 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

On completion of this course, participants will have;

- ◇ An overview of Sensory Attachment Intervention;
- ◇ Reviewed the implications of developmental trauma;
- ◇ Considered how individuals process information, in terms of selective attention, enhancing information and inhibiting information;
- ◇ Discussed how sensory and attachment experiences bias one's responsiveness to interactions with the environment and others;
- ◇ Explored the concept of Trauma Informed Care, applying the principles in different settings;
- ◇ Learned how to facilitate the Just Right State Programme for Adults and Adolescents.

Testimonials:

"Excellent: loved being valued and nurtured. Course content and materials were so good. The time passed so quickly."

"The best training- self nurturing experiences' amazing. Opened up my nervous system to support my learning."

"This training has been the best I have received! It has allowed me to reflect on myself and become (hopefully) a better practitioner."

"Absolutely loved the training. I feel as though it has been a missing piece of the puzzle."

"SAI will offer me an understanding of the challenges of the patients I work with and a means of thinking about the collaborative approach between patient and MDT."

"Thank you such a well delivered and thought provoking training. It will change my practice. Change how I think about intervention."

"Feel the way the theory was explained made the transition into practice simplified."

COURSE TIME TABLE

DAY 1 : STRESS SYSTEMS & PORGES' POLYVAGAL THEORY (ONLINE)

- 9.00** Introductions.
Clinical Origins of SAI.
SAI Practice.
What is the source of anxiety/danger.
SAI Impact Model.
Sensory regulation and the co-regulation process.
- 11.00** Break.
- 11.30** Stress.
Autonomic Nervous System: SAM, SNS, PNS, Systems.
HPA System.
Types of aggression.
Survival Behaviours & Regulation of Arousal States.
ANS Stress Profile Questionnaire.
- 1.00** Lunch.
- 2.00** Practical Exercise: Social Engagement and Face-to-Face Still Face Observations.
Social Engagement System & Development of the Vagal Brake.
Neuroception.
- 3.00** Break.
- 3.30** Factors that influence Therapeutic Efficacy.
Discussion.
- 4.30** Finish.

DAY 2 : THE JUST RIGHT STATE PROGRAMME (ON SITE)

- 9.00** Check in and Questions.
The Just Right State Adolescent and Adult Programme.
The Oxygen Mask Rule - your self-regulation needs.
Creating a Therapeutic Environment.
Grounding Exercises.
Overview of Facilitator's Weekly Guide.
- 11.00** Food Tasting.
- 11.30** Introducing the Felt Sense.
Sensory-Emotional Regulating Properties of Food.
- 12.30** Lunch.
- 1.15** Review Stress Patterns & use of Arousal Chart.
Spa Activities.
- 2.45** Break.
- 3.00** Group Practical:
Brought object, grasp and squeeze exercise, receiving support through objects.
Video Guide to ball sandwich exercise.
- 4.00** Finish.

DAY 3: THE JUST RIGHT STATE PROGRAMME (ON SITE)

- 9.00** Check in and Questions.
Feedback on ball sandwich exercise.
Spa Activity.
Assertive Take and Let Go/Saying No.
Expansion of Personal Territory.
Boundary Formation.
Regulation of Anger.
Containment.
Assertiveness: ball exercises.
- 11.00** Break.
- 11.30** Movement to music.
Equilibrium exercises on therapy ball.
Visually Guided Meditation.
- 1.00** Lunch.

- 1.30** Guided tour of the gardens.
- 2.00** Review personal photographs.
- 3.00** Finish with tea and coffee.

DAY 4 : SENSORY PROCESSING (ONLINE)

- 9.00** Check in and Questions.
Sensory processing.
Sensory Modulation.
SAI Nosology.
- 11.00** Break.
- 11.30** Sensory Discrimination.
Practical Exercise: Haptic Exploration.
- 1.00** Lunch.
- 1.30** Practical: Sensory Modulation & Discrimination Activity Analysis.
- 2.30** Break.
- 3.00** Group Quiz.
- 4.00** Finish.

DAY 5 : ATTACHMENT (ONLINE)

- 9.00** Check in and Questions.
Attachment Behavioural Patterns.
Video Case Study.
- 11.00** Break.
- 11.30** Nurture Challenge Grid.
Bowlby & A Secure Base.
Therapeutic provision of a secure base in the home and clinical settings.
- 1.00** Lunch.
- 1.45** Trauma Informed Care: How do we define it?
Implications for assessment, treatment and staff support.
- 3.00** Break.

3.30 Practical: Review of current practice.

4.30 Finish.

DAY 6: THE JUST RIGHT STATE PROGRAMME (ONLINE)

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

11.00 Break.

11.30 SAI Observations of Arousal Coding for Assessments and Practice.
Video Analysis of JRS key worker's sessions.

1.00 Lunch.

1.30 Use of SAI Clinical Formulation Chart.
Group Practical Exercise.

2.45 Break.

3.15 Use of SAI Intervention Chart.
Group Practical Exercise.

4.00 Finish.