

SENSORY ATTACHMENT INTERVENTION CONSULTANCY

www.sensoryattachmentintervention.com



SAI FOR ADULTS & ADOLESCENTS

IMPACT OF TRAUMA ON REGULATION AND SENSORY PROCESSING

HYBRID COURSE

Online (4 evening sessions) 30th October, 6th, 13th, 20th November
Onsite (4 days) 5th, 6th, 7th, 8th December
2023

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

Fee: \$2700

Contact: bookingforsai@gmail.com

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.

Éadaoin Bhreathnach M.Sc. MRCOT **Course Author & Presenter**

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.

Key Post Graduate Certificates relevant to the A & A Course

- 1993 M.Sc. in Guidance & Counselling, Ulster University
- 1994 Adult Attachment Interview (AAI) (Crittenden's DMM)
- 1996 Sensory Integration & Praxis Tests (SIPT)
- 2010 Somatic Experiencing, Intermediate Level
- 2019 Shinrin Yoku Practitioner (Introductory level)
- 2020 MIM method D-EIS (Dyadic Emotional Interaction Style) Scoring
- 2021 Mental Health First Aider

Additional Relevant Post Graduate Training

- 2012 Dyadic Developmental Psychotherapy (DDP) Level One
- 2016 The Meaning of the Child Interview (MoTC)
- 2018 The Child Attachment and Play Assessment (CAPA)
- 2021 MIM Method FIS (Family Interaction Style) Scoring
- 2021 Sensory Integration Master Class Series
 1. How to Use the SPD Nosology: Clinical Understanding and Application
 2. Sensory Integration /Processing and a Sense of Self
 3. Is it ADHD, SPD or Both
- 2023 The role nutrition can play in mood and behaviour (ACAMH)

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 (AEST)

DAY 1 - ONLINE

5.00pm - 8.30pm (with a 30 minute break)

Introductions.
Clinical Origins of SAI.
SAI Practice.
What is the source of anxiety/danger.
SAI Impact Model.
Sensory regulation and the co-regulation process.
Stress.
Autonomic Nervous System: SAM, SNS, PNS Systems.
HPA System.
Types of aggression.

DAY 2 - ONLINE

5.00pm - 8.30pm (with a 30 minute break)

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

DAY 3 - ONLINE

5.00pm - 8.30pm (with a 30 minute break)

Check in and Questions.
Sensory Processing.
Sensory Modulation.
SAI Nosology.

DAY 4 - ONLINE

5.00pm - 8.30pm (with a 30 minute break)

Sensory Discrimination: Spatial Temporal Awareness, Similarities & Differences.
Practical Exercise: Haptic Exploration.
Practical: Sensory Modulation & Discrimination Activity Analysis.
Self-Injurious Behaviours.

Group Quiz: Is it Modulation, Discrimination or Attachment?

DAY 5 - ONSITE

ATTACHMENT

9.00am - 4.30pm

- 9.00** Check in and Questions.
Attachment Behavioural Patterns.
- 11.00** Break.
- 11.30** 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.
Illustrated Profiles: Case Study Example.
- 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.
Use of the Trauma Informed Pre-Assessment Checklist.
- 4.30** Finish.

DAY 6 - ONSITE

THE JUST RIGHT STATE PROGRAMME

9.00am - 4.30pm

- 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** Break - Favourite Snack food, Mindfulness Eating.
- 11.30** Review Stress Patterns & use of Arousal Chart.
Group Practical.

Spa Activities.

- 1.00** Lunch.
- 1.45** Introducing the Felt Sense.
Sensory-Emotional Regulating Properties of Food.
- 3.00** Break.
- 3.30** Group Practical:
Brought object, grasp and squeeze exercise, receiving support through objects.
Video Guide to ball sandwich exercise.
- 4.30** Finish.

DAY 7 - ONSITE

THE JUST RIGHT STATE PROGRAMME

9.00am - 4.30pm

- 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.
- 1.45** Clinical formulation using the SAI Model for individuals with BPD/EUPD.
Preparation for Group Formulation Exercise.
- 3.00** Break:
Mindfulness Eating.
- 3.30** Practical:
Review personal photographs of something that has caught your attention, interest,
and activates a positive response.
- 4.30** Finish.

DAY 8 - ONSITE

THE JUST RIGHT STATE PROGRAMME

9.00am - 4.30pm

- 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 in a UK Secure Unit.
- 1.00** Lunch.
- 1.30** Practical:
SAI Clinical Formulation.
SAI Intervention Chart.
Group 1.
Group 2.
- 3.00** Break.
- 3.30** Group 1 - presentation of charts.
Group 2 - presentation of charts.
Discussion and Questions.
- 4.30** Finish.