

SENSORY ATTACHMENT INTERVENTION CONSULTANCY

www.sensoryattachmentintervention.com



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

Hybrid

*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.

On day one of the training participants will come to the SAI Centre to fully experience the essence of SAI and enriched environment provision. They will learn first-hand the regulating properties of sensory motor play and food. There will also be able to explore the regulating gardens at Ash Cottage.

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

"So good, really felt like we were seeing SAI in practice with the setting and way the training was run."

"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

9.30am to 3.00pm

- 9.30** Welcome Breakfast (tea, coffee, toast).
Grounding Exercise.
Explore: Modulation & Regulation of Arousal States.
Nurture Comfort Space.
Up Regulating Activities.
Down Regulating Activities.
- 11.00** Tea/Coffee & Snacks Break.
- 11.30** Explore: Sensory Discrimination & Regulation of Arousal States.
Haptic Exploration.
Activity Analysis Exercise.
- 12:30** Lunch. Gather around the table for a healthy cooked light lunch.
- 1.30** Éadaoin will provide a guided tour of the gardens
(Labyrinth, Fernery and Secret Garden).
- 2.00** Review Experiences -
Reflective Integration of Sensory, Affective and Procedural Memory.
- 3.00** Finish with tea and coffee.

DAY 2

9am to 4.30pm

- 9.00** 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 3

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** SAI Nosology.
Differentiating Sensory and Attachment Behaviours.
Introduction to the Sensory Arousal States Attachment Profile Questionnaire.
- 12:30** Lunch.
- 1.15** Sensory Discrimination.
Enabling Narrative Expression.
Treasure Chest Exercise.
- 3:00** Finish.