

Sensory Approaches to Treatment
From Self-Awareness to Self-Regulation to Self Care
Reducing the Need for Restraints and Seclusion
Karen M. Moore, OTR/L

Full Day Training for Multidisciplinary Staff

The following outline will be revised according to the needs and issues of your facility. Experiential and application labs and goal setting are essential and motivating parts of the training. Activities, worksheets, self-monitoring tools and educational information will be included in a comprehensive handout package. Participants will leave with an appreciation for sensory approaches to treatment and concrete ideas for integration into your program.

Into to Sensory Approach to Treatment

- Background Information on the Treatment Approach
- The Power of the Senses
- Abdominal Breathing
- Calming and Alerting
- Safety Issues

*Experiential Lab- Exploring Sensory Preferences – Self-monitoring

Sensory Connection to Diagnoses and Problematic Behaviors

- Sensory Issues of Adolescents or Geriatrics (when applicable)
- Pertinent Diagnoses: ADHD, Developmental Disorders, Mood Disorders, Autism, PTSD, Sensory Defensiveness
- Pertinent Behaviors: Aggression, Acting Out Behaviors, Withdrawal, Sensory Sensitivities, Sensory Seeking, Sensory Avoiding, Self-stimulation. Self-injurious Behaviors, Suicidal Thinking, Dissociation, Explosions of Emotion

Trauma Informed Care & Restraint Reduction

- National Initiatives
- Safety Tools
- Signs, triggers, and helpful strategies
- What is wrong with seclusion?

*Application Lab- Brainstorming Case Scenarios and Implementation

Interdisciplinary Use of Sensory Modalities and Activities

Group Treatment

Individual Treatment

Assessment and Sensory Menus

Stress Management Plans and Sensory Diets

Coping and Self-Regulation Skills

Development of Personal Sensory Kits

*Application Lab – What role do you play? Where do we start? Case scenarios and application to Sensory Kits and appropriate Sensory Activities

Sensory Modalities

Strong Sensory Input Activities: (Weighted Modalities, Beanbag Tapping, Exercise Band Rowing, Rocking)

Calming and Alerting Activities

Activity Baskets

*Application Lab – What will work in our program? Where do we begin?

Environmental Enhancement

Environmental Assessment – How Sensory Friendly Is Your Residence?

What Can We Do To Help the School Environment – Structure for Success

Creating Comfort Spaces

Sensory Rooms

*Application – Brainstorming - What would our Comfort Spaces look like? Who would use them?

Goal Setting and Sharing