

Introduction to sensory integration and sensory processing disorder

3-day course, completed November 2023

Provider: Julia Dyer Sensory Integration Training and Consultancy

I am a Clinical Service Lead for a specialist CAMHS for Looked After and adopted children. I am a Psychodynamic Psychotherapist, but I have found that I have to work very flexibly with Looked After and adopted children, utilising a range of different engagement techniques and therapeutic modalities.

Prior to this training course, a gap in my understanding was around the sensory processing difficulties that many of our young people experience, and what might be helpful for them. This 3-day introductory course, which was delivered online by Julia Dyer, who has decades of experience in sensory integration therapy, involved group work and was fully interactive.

Through completing the course, I have gained an appreciation of the many ways that sensory processing difficulties impact young people's emotional regulation, behaviour and concentration, and therefore, their ability to access education. I have learnt how to identify many different sensory processing needs through the behaviour the young people are likely to exhibit as a result. As a result, I am now better able to integrate a consideration of sensory processing difficulties into our team's holistic assessments and to support foster carers, adopters and schools to better understand the behaviour and needs of the young people they support. In addition, the course provided me with techniques that I might suggest in order to support the young person in session with me, at home or at school. These strategies are incredibly useful in my work, as they support a young person's emotional regulation, which is often one of our main therapeutic goals. Schools often request support from our CAMHS to support children with emotion regulation, so it is useful to have a wider and more holistic set of strategies to offer.

I am grateful to FPSA for this opportunity to widen my clinical knowledge in order to better understand and support the young people in our service. I would recommend this course to anyone who would like to improve their understanding of sensory processing difficulties to inform their assessments and to supplement their therapeutic toolkit with practical techniques to support emotion regulation.

Child and Family Psychodynamic Psychotherapist Mental Health Nurse

Clinical Service Lead for Carelink (Southwark CAMHS for Looked After and adopted children)