

Training Attended: Sensory Attachment Intervention (SAI) – Introduction Level.

Venue: Online – Presented by the Jump Start Centre

Length of Course: 3 days – 26th, 27th, and 28th June

Trainer: Claire Pemrick

Work Role: Play and Creative Arts Therapist

Background:

I am a Play and Creative Arts Therapist with a first-class Degree in child development. I work within a Community Interest Company (CIC) and provide support to both children and young people who have experienced developmental trauma and who have a range of complex Social Emotional and Mental Health difficulties (SEMH).

I am yet to meet a young person who has experienced developmental trauma that doesn't also experience sensory difficulties. Therefore, it is important for me to gain a more in-depth understanding in this area. The FPSA have enabled me to gain some foundational understanding in the field of SAI for which I am truly grateful.

Details of Training:

This initial foundation level training consisted of 3 online days which cleverly incorporated some experimental learning and covered various topics including: The Autonomic Nervous System (ANS) and the ANS Profile Assessment. Upon completion of the second part of the introductory level training, I will be able to state that I am using 'sensory intervention techniques' within my practice.

In particular, this training has given me the opportunity to really think about how the sensory systems develop in those with developmental trauma and how this affects their daily processing. And also, to consider how this is not actually just restricted to those who have experienced abuse or neglect, but also as a result of medical care in babies/infants, neurodivergence, intellectual disabilities, school-based trauma and how these interfere with young people's attachments and emotional connections.

My experience of the training:

This was a fantastic course which I thoroughly enjoyed. Having already completed some general training in sensory processing and integration, this training has provided me with some certainty on how I would like to further enhance my knowledge and practice. Already, I have begun using the theoretical underpinnings of this course to inform my initial assessments and medium offerings in the playroom. I am definitely going to continue on the SAI pathway and would recommend this training to anyone who works within the field of trauma and / or SEMH.

Thanks again to FPSA for providing me with this opportunity.