

Sensory Inclusion Facilitator Certificate

Name: Kate Middleton

Provider: Sensory intergration education

Venue: Onine / virtual

Award: Certificate

Completed: 08.07.2026

The Sensory Facilitator Training explored how sensory processing differences can influence behaviour, engagement, and daily functioning, while providing practical strategies for identifying and reducing sensory barriers within environments and activities.

A key aspect of the training was learning about the Person-Environment-Occupation (PEO) model and the application of sensory assessment and intervention tools, including the Sensory Insight Questionnaire, Observation Crib Sheet, and Environmental Audit Tool. This learning has been particularly valuable given the recognised association between eating disorders, including Anorexia Nervosa, ARFID, and Bulimia Nervosa, and neurodivergence.

As an Occupational Therapist working as a Mental Health Practitioner within an Eating Disorder Intensive Treatment Team for young people aged 11–18 years, I found the training highly relevant to my role. It enhanced my understanding of how sensory needs can affect engagement in treatment, emotional regulation, mealtime experiences, and participation in therapeutic activities. The practical examples and assessment tools provided will support more person-centred conversations with young people and their families regarding sensory preferences, strengths, and challenges.

I intend to apply this learning within both my direct clinical practice and wider service development work. In particular, I will consider sensory factors more routinely when planning interventions, reviewing treatment environments, and identifying reasonable adaptations that may enhance engagement and reduce distress. I also plan to share key learning with colleagues to support the development of sensory-inclusive practice across the multidisciplinary team.

I would recommend this training to professionals working within mental health, healthcare, education, and social care settings. The content was practical, evidence-informed, and applicable across a wide range of age groups and clinical presentations. The tools and strategies presented can be readily implemented within everyday practice.

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