

Sensory Attachment Intervention. Course Titles:

- Sensory Attachment Intervention (SAI): A Trauma Informed Approach to Touch Clinical Module (2 days) (Jan 2026)
- Sensory Attachment Intervention (SAI): A Trauma Informed Approach to Postural Control and Praxis Clinical Module (4 days) (April-May 2026)
- Report Writing (2 hours) (June 2026)

Provider: Sensory Attachment Intervention (SAI)

I work with looked-after and adopted adolescents who have experienced early developmental trauma, adverse childhood experiences, and attachment difficulties. Given the complex needs of these young people and their families, standard therapeutic modalities must be adapted to integrate both emotional regulation and sensory processing. Prior to completing this training, I recognised a gap in my knowledge regarding how attachment trauma impacts the somatic and sensory systems, specifically touch, postural control, and praxis, and how to translate these insights into specialised assessments and reports.

Through the Sensory Attachment Intervention (SAI) modules, I have gained a deeper, integrative understanding of how a young person's sensory processing and emotional regulation continuously influence one another. Key outcomes from the training include:

- **Distinguishing Sensory vs. Trauma Responses:** I have learned to differentiate whether tactile defensiveness stems from sensory modulation difficulties, attachment trauma, or a combination of both. This enables me to provide targeted tactile experiences that help how much trauma impacts and promote healthy engagement.
- **Trauma-Informed Observational Assessment:** The Postural Control and Praxis module equipped me with skills to adapt Ayres Clinical Observations and use play/leisure observational analysis. I can now evaluate how attachment trauma affects muscle tone and self-organisation, using muscle tone as a key indicator for a child's stress levels.
- **Holistic & Relational Support:** The training emphasised looking at the young person alongside their key adult relationships including parents, foster carers, teaching assistants, and siblings to support their daily routines holistically.
- **High-Quality Reporting:** The report writing component directly addressed my previous lack of experience in this area, ensuring that my clinical documentation for trauma-impacted clients is robust, high-quality, and tailored to the needs of families, schools, and professional networks.

Through the creation and review of clinical case studies, I am working toward full SAI Certification, which will allow me to embed these principles into my ongoing practice and maintain high professional standards via continuous professional development.

I am extremely grateful to FPSA for funding this training. It has significantly expanded my clinical assessment toolkit, refined my report writing, and enhanced my ability to support traumatized young persons and their caregiving networks. I would highly recommend this training to any clinician working with looked-after young persons, adopted young people, or individuals recovering from complex trauma.

Highly Specialist Occupational Therapist