

## Sensory Attachment Intervention Level 1

(Sensory Integration Network- Eadaoin Bhreathnach)

I am very grateful to the FPSA for the opportunity to attend this training. I could not have envisaged prior to completing this training how transformative it would be in my everyday practice and aspirations for future learning.

The course involved an initial 4 days taught learning in High Wycombe. This provided us with a theoretical understanding of relevant attachment theories. There was lots of information to process, all done in a way which showed empathy and compassion for the learners. We then continued to learn about the SAI model which Eadaoin has developed. The course effectively used both practical and theoretical learning which really consolidated the information in the course. Topics included; sensory processing, sensory systems and states of arousal.

Day 5 involved a study day with others from the course. We consolidated our learning from the first four days by completing case studies. We learnt from others experiences of completing case studies and reflecting on these. As the only Occupational Therapist in my team I really valued the opportunity to reflect and learn with others in this way. It opened my eyes to new roles and ways of working including independent practice. This network of support has continued beyond the course.

On the last two days of the course we returned together as a large group. We watched one case study from each smaller group. Eadaoin shared with us her observations and reflections of the case studies in connection to the SAI model. Eadaoin's clinical and experience and knowledge of SAI is inspiring. I felt both passionate to continue to develop my knowledge in this area and complete my full SAI training. I utilise the knowledge learnt on a daily basis in my work. It has informed some of the training we developed about emotional regulation for parents within the service. It has helped me to reflect in a different way about regulation and how different children communicate their distress. I think about traumatic early childhood experiences in a completely different way now and the impact this then has on childhood development.

I am truly thankful for this opportunity.