

Following completion of the sensory processing difficulties level 1 course I feel more competent as a professional in understanding the impact sensory processing difficulties can have on young people and their families. I feel the training also provided me with knowledge on practical interventions that can be utilised in day to day life to improve functioning and well-being for young people.

The training itself was fantastic and provided me the opportunity to learn about difficulties with sensory processing and the impact this can have on functioning. The training also provided me the opportunity to understand the lived experience of those with sensory processing difficulties through practical exercises and I feel this has massively improved the level of assessment and care that I can provide to young people within my service.

Prior to the training I was completing sensory profile reports for young people within a tier 4 setting. For a lot of young people coming into services I was the first professional to begin to assess and understand their individual difficulties in relation to their sensory processing, and I feel that post training the level of information and care I can provide has greatly improved. I also feel that I am more able to empower the young people I work with to develop their individual skills in recognising and managing sensory difficulties.

A key intervention I have taken from the training is the use of a sensory profile ladder to map out the individuals difficulties and interventions they can use to regulate themselves. The ladders have been an important tool in empowering the young people to manage processing sensory stimuli, and they have also been useful in sharing this information with carers and education to increase functioning in all areas of the young person's life.

I feel the interventions and knowledge I can provide to both young people and their carers is more competent and thorough hopefully improving their day to day functioning and wellbeing.

I feel as a result of this training I have become more confident in my ability to communicate and promote interventions to others within the team and the understanding and specialist care that our service provides has improved for those with sensory processing difficulties.

I wish to thank FPSA for funding the course and providing me the opportunity to improve the service I can provide to those in my care.

Louisa Whitehead (Occupational therapist)

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