

I recently completed the level training for Sensory Attachment Integration (SAI) training. This training was truly life changing. It has completely changed and challenged my view on my work and also my family life. I have a far better understanding around the huge impact of early experiences on the development of our stress responses in life. I also understand the links between trauma and our heightened sensory experiences. The model presents a phased approach to functioning and has made me rethink my work with young people in terms of how often I have gone in at 'the wrong level' and tried to use a more cognitive approach when the young person is actually functioning at an autonomic level.

In conjunction with my colleague I am now in the process of developing the service to utilise my learning. We would like to develop SAI clinics and we have sought funding for some sensory regulation equipment. This is very exciting. There is a role for us to work across all our pathways, but particularly on the trauma pathway and neurodevelopmental pathways. I believe this will have a real impact on young people's lives whereby we are bringing an approach that is new, innovative and matches where they are at in order to enable them to move on in their lives.

The course has in some ways highlighted still what I do not know and there is more training to do but I cannot thank you enough for the opportunity of doing this course.

Yours sincerely

**Clair Richards**  
**Occupational Therapist- Clinical Specialist**