

# SENSORY ATTACHMENT INTERVENTION CONSULTANCY

[www.sensoryattachmentintervention.com](http://www.sensoryattachmentintervention.com)



## SAI SENSORY PROCESSING, TRAUMA AND ATTACHMENT

*A two-day introductory Course for Education, Health and Social  
Care Professionals*

11TH & 12TH SEPTEMBER 2019  
ST ANDREW'S CHILDREN'S SOCIETY

EMMA SHEDLOW  
&  
NICK SMITH

## **Course Overview**

The course reviews the current neuroscientific and attachment theories and how they can inform our daily practice. Consideration is given to the impact of sensory processing and attachment issues on family relationships, and on the child's academic performance. Participants will learn about the core principles of regulation and co-regulation used to regulate emotional states and behaviour.

## **Learning Outcomes**

Over the course of the two days you will learn:

- ◇ The Four Levels of Self-Regulation and how these inform choice of intervention.
- ◇ The Co-Regulation Process of Attachment –Profiling parents' and children's sensory & attachment patterns.  
Implications for Fostering and Adoption.
- ◇ How to bolt SAI principles onto your models of practice.
- ◇ The regulating properties of food and play.
- ◇ Enriched Environment Provision in the home, school, clinical and contact centre settings

## **Course Author**

Éadaoin Bhreathnach is a Consultant Occupational Therapist and Attachment Counsellor, based in Northern Ireland. She has over 30 years experience of working in the NHS and in private practice. Her work focuses on the treatment of traumatised children, young people, and adults, who struggle to participate in intervention programmes because of their heightened levels of anxiety. Éadaoin developed a trauma model called Sensory Attachment Intervention (SAI) in which individuals learn to self-calm through the use of sensory regulating activities that can be easily embedded into daily live routines. Her work has gained international recognition and is cited by respected clinicians in the field of Attachment Trauma.

## **Presenters**

Emma Shedlow and Nick Smith are qualified Occupational Therapists registered with the Health and Care Professions Council and Royal College of Occupational Therapists (RCOT) / British Association of Occupational Therapists (BAOT).

Nick and Emma have both completed post-graduate Masters Level Occupational Therapy degree courses, having undergraduate degrees in Physical Education and Psychology respectively. They have worked in independent practice across clinic, home, school and community settings, as well as statutory services (locum and commissioning). The Therapists have clinical experience, working across a broad scope of developmental difficulties and developmental trauma, utilising a range of neurodevelopmental approaches including Sensory Integration and Sensory Attachment Intervention. Both Therapists are qualified 'Advanced Sensory Integration Practitioners,' Sensory Integration and Praxis Tests (SIPT) certified and advanced Sensory Attachment Intervention Practitioners.

In addition, the Therapists have undertaken extensive continuous professional development including: Theraplay Level 1 and Intermediate, Dyadic Developmental Psychotherapy Levels 1 and 2, Dynamic Maturation Model of Attachment and Adaptation (Crittenden), Attachment Lead in Schools Training (Louise Bomber), and Therapeutic Listening.

Nick and Emma are trained in the use of the Meaning of the Child Interview (MotC) and Child Attachment and Play Assessment (CAPA) and are involved in on-going collaborative research with Eadaoin and Roehampton University looking at sensory and attachment patterns.

**Fee**

£325 (this includes a course handbook, lunch and refreshments)

**Venue**

St. Andrew's Children's Society, 7 John's Place, Edinburgh, EH6 7EL

**Dates**

Wednesday 11th and Thursday 12th September

**Organisers**

Juniper Tree Therapy Limited

**To book a place please contact**

[nick@junipertreetherapy.com](mailto:nick@junipertreetherapy.com)

# TIME TABLE

## DAY 1

- 9.30** Introduction to Sensory Attachment Intervention  
Overview of Contributing Theories  
An Integrative and Sequential Approach to Choosing Interventions  
Introduction to Self Regulation Levels 1-4  
Schore, Perry - A Psychobiological & Neurosequential perspective on the effects of Developmental Trauma
- 11.00** Tea/Coffee Break.
- 11.30** Porges Polyvagal Theory, ANS regulation.
- 1:00** Lunch
- 2.00** Attachment Theories Ayres, Bowlby, Stern, & Crittenden  
Childhood Patterns of Attachment  
Sensory, Affective and Cognitive Strategies for Survival Implications for Therapeutic Intervention
- 3.00** Tea/Coffee.
- 3.30** Engaging parents in the process
- 4.30** Finish

## DAY 2

- 9:30** Discussion of Sensory Processing & Regulation of Arousal States  
Practical Session: The use of food, touch, movement, sound and visual stimuli to regulate arousal states
- 11:00** Tea/Coffee.
- 11:30** Review the Use of Calming & Alerting Stimuli to Regulate Arousal States
- 1:00** Lunch
- 2:00** Creating Therapeutic Spaces: Womb, Mother Child, Father Child, Independent & Social Engagement Spaces
- 3:00** Tea/Coffee.
- 3:30** Case Study Video
- 4:30** Finish