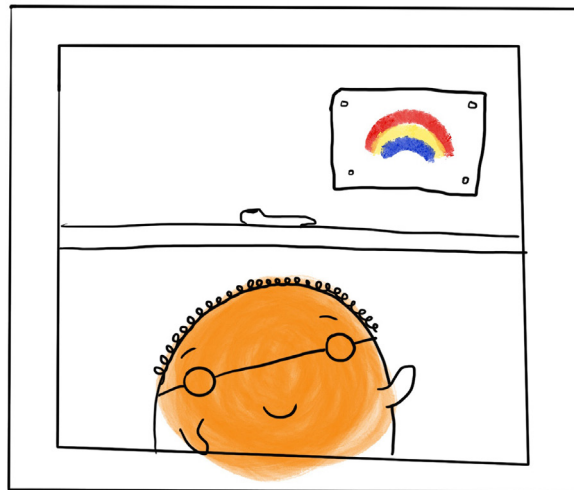


SENSORY ATTACHMENT INTERVENTION CONSULTANCY

www.sensoryattachmentintervention.com



THE JUST RIGHT STATE CHILDREN'S PROGRAMME & THE JUST RIGHT STATE PARENTS' PROGRAMME

For information on venue, fees and how to book please visit:

www.sensoryattachmentintervention.com/jrs

COURSE AUTHOR:
ÉADAÍN BHREATHNACH M.SC.
CONSULTANT OCCUPATIONAL THERAPIST
& ATTACHMENT COUNSELLOR

Course Overview

Entry Requirements:

Participants must have either completed SAI Foundation Training or SAI Adolescent and Adult Course.

This 4 day course will train Professionals in the use of The Just Right State Children's Programme and Parents Programme.

The Just Right State Children's Programme

The Just Right State programme looks at the use of sensory activities and foods, to help children learn how to self regulate their emotional states and behaviour. It also uses cartoon characters called 'The Scared Gang' to represent the different survival and attachment patterns of behaviour. The different characters tell the children how they react to situations and what each of them does to achieve the 'just-right state.' The goal of the programme is to enable children become more emotionally aware of themselves and of others, to give them simple tools to enable them to self regulate and achieve the 'just right state', whether it is to engage in academic learning, interacting with their peers, or to be able to get a good night's sleep.

Children are seen in groups of four to six for one hour fifteen minutes once a week.

The Just Right State Parent's Programme

Parents learn how to regulate their child from sensory and attachment perspectives. The aim of the programme is to enhance parents' awareness of their own engagement patterns and how this impacts on their child's emotional states. It also addresses the underlying reasons for behaviours. Parents first complete a sensory-attachment profile questionnaire that looks at the survival, sensory, and attachment behaviours of their child. They learn about; the different levels of self-regulation (physiological, sensory, emotional, and cognitive); the regulating effects of food and activities; and how to create an enriched environment that is tailor made both for them and their child's sensory-attachment needs.

Parents of the children attending the JRS programme meet together for two hours once a week for six weeks. It runs in parallel to their children's programme.

The children's facilitators also lead the parents' programme.

JUST RIGHT STATE COURSE TIME TABLE

DAY 1

JRS Children's Programme

- 9.00** Start.
Introduction to the Programmes:
Background.
Theoretical Background & Hypothesis.
Summary Review of Attachment, Sensory, and Physiological Patterns.
Provision of Care Questionnaire.
Summary of the Play Programme.
- 11.00** Tea Coffee Break, Regulating Snacks.
Opportunity to link with other course participants.
This will be the case for all breaks.
- 11.30** The JRS Play Programme Practical.
First experience of the ball play exercises.
Discussion on the regulating properties of each activity and what is required in terms of sensory motor development.
- 1.00** Lunch.
- 1.45** Review of practical.
Questions and Guidelines for Facilitators.
Interpretation of children's self-initiated sensory seeking behaviours.
- 2.45** Break.
- 3.00** JRS Play Programme Practical. Ball and Clay exercises.
Repeat of ball play exercises.
- 4.00** Finish.

DAY 2

JRS Children's Programme Continued.

- 9.30** Start.
Play Programme - Practical
Regulation of Emotion: week 1 to 6.
- 11.00** Tea, Coffee, Regulating Snacks.
- 11.30** Use of Charts & Activity Book for Children.
JRS Activity & States of Arousal Chart.
Activity Book for Children: includes visual motor integration activities & regulating art.
Scared Gang Chart: Red, Green, & Blue Zones of Regulation.
JRS Self Regulating Chart.
Scared Gang States of Emotion Laminated Card.
Scared Gang Playing Cards.
- 1.00** Lunch.
- 1.45** Children's Feedback Forms. (CD)
Use of JRS Children's Programme: with diverse populations, in clinic, social services, and educational settings. Individual and group programmes.
- 2.45** Tea/Coffee
- 3.00** JRS Play Programme: ball & clay exercises
Hand Spa.
- 4.00** Finish.

DAY 3

JRS Parent's Programme.

- 9.30** Introduction to Parent's Programme.
Home Visit, Introducing the programme to parents, consent to video form.
Format for Weekly Sessions.
Levels of Self Regulation: Level 1 Autonomic Regulation.
Use of Hot Towels Practical.
Demonstration of Making Hand Spa Scrub, Washing & Drying Hands.
Completion of Level 1 Worksheet, Enriched Environment Chart.
Homework for Parents.
- 11.00** Tea, Coffee & Toast.
- 11.30** Levels of Self Regulation:
Level 2 Modulation of Sensation and Emotion (2.5 hours)
Sensory-Attachment Patterns (Bhreathnach)

- 1.00** Lunch.
- 1.45** Levels of Self-Regulation:
Level 2 continued.
Using the therapy ball, regulating play. (PRACTICAL - check room)
Completion of Level 2 Worksheet.
Homework for Parents.
- 2.45** Tea/Coffee Break
- 3.00** JRS Play Programme Practical
Repeat of Ball Play Exercises.
- 4.00** Finish.

DAY 4

JRS Play Programme Continues.

- 9.30** Levels of Self Regulation.
Level 3 Sensory & Emotional Interpretation.
Games, completion of Level 3 worksheet.
Homework for Parents.
- 11.00** Tea/Coffee & Toast.
- 11.30** Level 3 continued.
- 1.00** Lunch.
- 1.45** Levels of Self Regulation.
Level 4 Sensory & Emotional Organisation.
Games, Completion of Level 4 Worksheet.
Homework for Parents.
- 2.45** Tea/Coffee Break.
- 3.00** Parent Review of the Programme.
- 3.30** Finish.