

# SENSORY ATTACHMENT INTERVENTION CONSULTANCY

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



## SAI FOR ADULTS & ADOLESCENTS

IMPACT OF TRAUMA ON REGULATION AND SENSORY PROCESSING

This course is presented over 6 days

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

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

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

## **Course Overview**

### **This course is open to:**

Occupational Therapists and Physiotherapists working in LAC, CAMHS & Forensic Settings.

This course introduces Sensory Attachment Intervention (SAI). It trains therapists in the use of the Just Right State Programme (JRS) for Adults and Adolescents, and in the use of the Autonomic Nervous System (ANS) Profile Questionnaire.

SAI looks at the process of regulation and co-regulation from an integrative and neurosequential perspective.

The Just Right State focuses on developing the capacity for self-regulation, co-regulation and reflective functioning. This programme was developed for individuals who struggled to participate in intervention programmes because of their incapacity to regulate their emotional states. The Just Right State Programme can be used with individuals, groups or families.

The Autonomic Nervous System Profile Questionnaire is a self-report questionnaire that looks at indicators of stress, survival behaviour responses and self-regulating behaviours. It is an exploratory tool for use with individuals to help formulate their regulating needs.

## **Learning Outcomes**

On completion of this course, participants will have;

- ◇ An overview of Sensory Attachment Intervention;
- ◇ Reviewed the implications of developmental trauma;
- ◇ Considered how individuals process information, in terms of selective attention, enhancing information and inhibiting information;
- ◇ Discussed how sensory and attachment experiences bias one's responsiveness to interactions with the environment and others;
- ◇ Explored the concept of Trauma Informed Care, applying the principles in different settings;
- ◇ Learned how to facilitate the Just Right State Programme for Adults and Adolescents.

**Testimonials:**

*From Feedback on the SAI for Adult and Adolescents Course, Ash Cottage.  
November 2019.*

**How would you describe your overall training experience?**

*"..feeling inspired/vindicated about the importance of Attachment in my work."*

*"Excellent! Nurturing and supportive and very approachable trainers. Right number of attendees to generate interesting discussion yet keeping it intimate."*

**Did the course meet your expectations?**

*"Better than expected"*

*"Yes and more"*

**Any other comments:**

*" I anticipated that this course would be helpful, but it went way beyond that. I imagine that it will resonate with every client I see. I'm inspired to get back and enrich home and work environments; to challenge myself / family / clients / co-workers to become sensory aware minute-to-minute."*

## COURSE TIME TABLE

### DAY 1 : STRESS SYSTEMS & PORGES' POLY VAGAL THEORY.

- 9.00** Introductions.  
Clinical Origins of SAI.  
SAI Practice.  
What is the source of anxiety/danger.  
SAI Impact Model.  
Sensory regulation and the co-regulation process.
- 11.00** Break.
- 11.30** Stress.  
Autonomic Nervous System: SAM, SNS, PNS, Systems.  
HPA System.  
Types of aggression.  
Survival Behaviours & Regulation of Arousal States.  
ANS Stress Profile Questionnaire.
- 1.00** Lunch.
- 2.00** Practical Exercise: Social Engagement and Face-to-Face Still Face Observations.  
Social Engagement System & Development of the Vagal Brake.  
Neuroception.
- 3.00** Break.
- 3.30** Factors that influence Therapeutic Efficacy.  
Discussion.
- 4.30** Finish.

## DAY 2 : SENSORY PROCESSING.

- 9.00** Check in and Questions.  
Sensory processing.  
Sensory Modulation.  
SAI Nosology.
- 11.00** Break.
- 11.30** Sensory Discrimination.  
Practical Exercise: Haptic Exploration.
- 1.00** Lunch.
- 1.45** Practical: Sensory Modulation & Discrimination Activity Analysis.
- 3.00** Break.
- 3.30** Self-Injurious Behaviours.  
Sensory Motor Profile.
- 4.30** Finish.

## DAY 3 : ATTACHMENT.

- 9.00** Check in and Questions.  
Attachment Behavioural Patterns.  
Video Case Study.
- 11.00** Break.
- 11.30** Nurture Challenge Grid.  
Bowlby & A Secure Base.  
Therapeutic provision of a secure base in the home and clinical settings.  
Illustrated Profiles: Case Study Example.
- 1.00** Lunch.
- 1.45** Trauma Informed Care: How do we define it?  
Implications for assessment, treatment and staff support.
- 3.00** Break.
- 3.30** Practical: Review of current practice.  
Use of the Trauma Informed Pre-Assessment Checklist.
- 4.30** Finish.

## DAY 4 : THE JUST RIGHT STATE PROGRAMME

- 9.00** Check in and Questions.  
The Just Right State Adolescent and Adult Programme.  
The Oxygen Mask Rule - your self-regulation needs.  
Creating a Therapeutic Environment.  
Grounding Exercises.  
Overview of Facilitator's Weekly Guide.
- 11.00** Break - Favourite Snack food, Mindfulness Eating.
- 11.30** Review Stress Patterns & use of Arousal Chart.  
Break Out Room Practical.  
Spa Activities.
- 1.00** Lunch.
- 1.45** Introducing the Felt Sense.  
Sensory-Emotional Regulating Properties of Food.
- 3.00** Break.
- 3.30** Group Practical:  
Brought object, grasp and squeeze exercise, receiving support through objects.  
Video Guide to ball sandwich exercise.
- 4.30** Finish.

## DAY 5: THE JUST RIGHT STATE PROGRAMME

- 9.00** Check in and Questions.  
Feedback on ball sandwich exercise.  
Spa Activity.  
Assertive Take and Let Go/Saying No.  
Expansion of Personal Territory.  
Boundary Formation.  
Regulation of Anger.  
Containment.  
Assertiveness: ball exercises.
- 11.00** Break.
- 11.30** Movement to music.  
Equilibrium exercises on therapy ball.  
Visually Guided Meditation.
- 1.00** Lunch.

- 1.45** Clinical formulation using the SAI Model for individuals with BPD/EUPD.  
Preparation for Group Formulation Exercise on Day 6.
- 3.00** Break:  
Mindfulness Eating.
- 3.30** Practical:  
Review personal photographs of something that has caught your attention, interest,  
and activates a positive response.
- 4.30** Finish.

## DAY 6: THE JUST RIGHT STATE PROGRAMME

- 9.00** Check in and Questions.  
Transformation of Sensory Information & Reflective Functioning.  
JRS Reflection Chart.  
JRS Personal Intervention Chart.
- 11.00** Break.
- 11.30** SAI Observations of Arousal Coding for Assessments and Practice.  
Video Analysis of JRS key worker's sessions.
- 1.00** Lunch.
- 1.30** Practical:  
SAI Clinical Formulation.  
SAI Intervention Chart.  
Group 1.  
Group 2.
- 3.00** Break.
- 3.30** Group 1 - presentation of charts.  
Group 2 - presentation of charts.  
Discussion and Questions.
- 4.30** Finish.