

*Sensory Attachment Intervention Consultancy*  
[www.sensoryattachmentintervention.com](http://www.sensoryattachmentintervention.com)



***A Sensory Attachment Approach To  
Working with Adolescents and Adults:  
A Six-Day Course***

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## Course Overview

**This six-day course is aimed at Therapists working in the field of:**

- Intellectual Disability and Autism (Adolescents and Adults)
- Child Protection
- Mental Health (Adult Mental Health, Forensic Mental Health and Child and Adolescent Mental Health)

The course looks at self-regulation and co-regulation from sensory processing and attachment perspectives. It includes training in administration of the Just Right State Programme for Adults and Adolescents which is also used to support Key Workers/Carers regulation needs.

## Learning Outcomes

You will learn the following on this course:

- ❖ Have a basic understanding of the theory and clinical principles of SAI.
- ❖ Consider how sensory processing difficulties impact on the capacity to self- regulate and on caregiving responses.
- ❖ Consider how attachment patterns influence the processes of self-regulation and co-regulation.
- ❖ Administration of the Just Right State Programme.
- ❖ Administration and interpretation of the Autonomic Nervous System Stress Profile.
- ❖ Administration of the Sensory Motor Profile Questionnaire for individuals with intellectual disability..
- ❖ Use of the Trauma Informed Pre-Assessment Checklist.

***See detailed course schedule below.***

*This is a stand-alone course. The certification pathway can be chosen. For more details see <https://www.sensoryattachmentintervention.com/sai-certification>*

**St. John of God Dublin South East are offering this bespoke and onsite training course that is not currently otherwise available. The cost of this course as detailed below is at a special rate.**

**Entry requirements:**

Occupational Therapists or Physiotherapists working in any of the following services:

- Intellectual Disability and Autism (adolescents and adults)
- Child Protection
- Mental Health (Adult Mental Health, Forensic Mental Health and Child and Adolescent Mental Health)

**Date of Course:**

*Week 1* → 23rd, 24th and 25th November 2022

*Week 2* → 30th November, 1st and 2nd December 2022

**Location:**

St. John of God Dublin South East (Carmona), 111 Upper Glenageary Road, Dun Laoghaire, Co. Dublin.

**Cost:**

**€990 (euro) per person** (*Please note this is a special fee rate, as the normal fee is €1200 for this six day course*).

**Application:**

To Book a place please complete the attached application form and email it to:

[SAcourse@sjog.ie](mailto:SAcourse@sjog.ie)

***Please note: 16 places on this course. Places will be offered on a first come basis.***

Closing date for applications is **16th September 2022** (*If you plan to attend please let us know so we can keep you updated on available places*).

For enquiries please contact Eucemia O'Leary

T: 087 2533555

E: [Eucemia.oleary@sjog.ie](mailto:Eucemia.oleary@sjog.ie)

*Tea and Coffee available on site. Lunch will not be provided, however food may be purchased on site at a subsidised cost.*

## Course Schedule

### Day 1: Stress Systems & Porges' Poly Vagal Theory.

#### **9.00am** - Introductions

Clinical Origins of SAI

SAI Practice

What is the source of anxiety/danger.

SAI Impact Model.

Sensory regulation and the co-regulation process

#### **11.00am** – *Break*

#### **11.30am** - Stress

Autonomic Nervous System (SAM, SNS, PNS Systems)

HPA System

Types of aggression

Survival behaviours and Regulation of arousal states

#### **1.00pm** - *Lunch*

**2.00pm** - Practical: Social Engagement and Face-to-Face Still Face Practical  
Social Engagement System & the Development of the Vagal Brake.  
Neuroception

#### **3.00pm** – *Break*

**3.30pm** - Factors that influence Therapeutic Efficacy  
Discussion.

#### **4.30pm** - *Finish*

## **Day 2: Sensory Processing**

**9.00am-** Check in and questions  
Sensory processing  
Sensory Modulation  
SAI Nosology

**11.00pm- Break**

**11.30am** - Sensory discrimination  
Sensory Motor Profile Questionnaire.

**1.00pm - Lunch**

**1.45 pm** - Practical: Sensory Modulation & Discrimination Activity Analysis

**3.00pm - Break**

**3.30 pm-** Self-harming behaviours  
Sensory Motor Profile

**4.30pm -Finish**

### **Day 3: Attachment**

**9.00am** - Check in and questions  
Introduction to Attachment Patterns  
Autism and attachment  
Intellectual Disability

**11.00am - Break**

**11.30am** - Nurture Challenge Grid  
Bowlby and A Secure Base  
Therapeutic provision of a secure base in the home and clinical settings  
Illustrated Profiles: Case study example

**1.00pm – Lunch**

**1.45pm** - Trauma Informed Care: How do we define it?  
Implications for assessment, treatment and staff support

**3.00pm - Break**

**3.30pm** - Practical: Review of current practice. Use of the Trauma Informed Pre-Assessment Checklist.

**4.30pm - Finish**

## **Day Four**

**9.00am** - Check in and questions

The Just Right State Adult and Adolescent Programme.

The Oxygen Mask Rule: Your self-regulation needs.

Creating a Therapeutic Environment

Grounding Exercises

Overview of Facilitator's Weekly Guide

**11.00am- Break. *Bring favourite snack food for Mindfulness Eating.***

**11.30am** - Review Stress Patterns & use of Arousal Chart

Break Out Room Practical

Spa Activities

**1.00pm Lunch.**

**1.45pm** - Introducing the Felt Sense

Sensory-Emotional Regulating Properties of food.

**3.00pm- Break**

**3.30pm** - Group Practical: Brought object, grasp and squeeze exercise, receiving support  
through objects.

Video Guide to ball sandwich exercise

**4.30pm- Finish.**

## **Day Five**

**9.00am** - 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

**11.00am- Break.**

**11.30am-** Movement to music

Equilibrium exercises on therapy ball

Visually Guided Meditation

**1.00pm- Lunch**

**1:45pm** - Clinical formulation using the SAI Model for individuals with BPD/EUPD

Preparation for Group Formulation Exercise

**3.00pm – Break. *Mindfulness Eating***

**3.30pm** Break Out Room - Group Practical: Review personal photographs of something that has caught your attention, interest, and activates a positive response.

**4.30pm - Finish.**



## **Day Six**

**9.00am-** Check in and questions  
Transformation of Sensory Information & Reflective Functioning  
Use of JRS Reflection Chart  
JRS Personal Intervention Chart

**11.00am – Break**

**11.30am-** SAI Observations of Arousal Coding for Assessments and Practice  
Video Analysis of JRS Adult & Adolescent sessions

**1.00pm - Lunch**

**1.30pm - Practical**  
SAI Clinical Formulation  
SAI Intervention Chart  
Group 1  
Group 2

**3.00pm – Break**

**3.30pm -** Group 1 - presentation of charts.  
Group 2 - presentation of charts. Discussion and Questions.

**4.30 - Finish**