



Occupational Therapy Training



Interoception: the hidden sense

How do we know the answer to the question how do I feel? Interoception allows us to monitor our body signals and motivates us to act. This training will explore ways in which we can help children and young people start to identify body sensations, thinks about how we can link our body signals to emotions and then find positive actions for effective self-regulation.

An introduction to Sensory Integration: considering developmental trauma

Nurturing relationships help to develop a baby's internal map of their body and lay the foundation for how effectively a child navigates the world. This training looks at our different sensory systems and how trauma might impact on their typical development.

Sensory Ladders for self-regulation

Sensory Ladders can be made for anyone of any age and any ability, helping parents, carers, and teachers to provide the right support at any one moment in time. This training focuses on ways to support children and young people to understand their own unique sensory profile and how to create a personalised toolkit that can help them to regulate throughout the day.