



Our clinicians share their wealth of knowledge from 20+ years' of experience working with individuals with support needs and complex conditions.

These interactive, practical sessions help parent/carers or professionals understand more about neurodiversity and how best to support individuals with support needs.

Plus, you get chance to meet other families and share experiences.

-  **WEDNESDAYS 10am-12pm**
-  **£10 per workshop OR £45 for block of 5**
-  **Banchory Town Hall**

Advance booking essential:
info@sensationall.org.uk

7th Sept - Introduction to Neurodiversity & Autism

We'll discuss the numerous common presentations of neurodiversity such as information processing, demand avoidance behaviour, communication, social skills or emotional and sensory regulation. We focus on strengths and positives of the neurodiverse mind and help expand your knowledge by talking about the importance of using a neurodiverse filter when interacting with individuals.

14th Sept - Sensory Issues

Learn about the significance each of our senses has on individuals with support needs and their ability to understand the world and feel safe. Try out different sensory experiences and explore useful resources. We can help you understand sensory based behaviours and share how to develop basic sensory profiles which enables you to incorporate a daily proactive sensory approach to meet the individual's needs and overcome sensory challenges.

21st Sept - Self-regulation

For neurodiverse individuals, self-regulation can be essential to overcome daily challenges. The influence and impact of sensory processing and modulation are extremely important and the content of this session refers to current neuroscience research, including theory application about arousal states and, how this can present when processing and modulation of information is impaired. We will focus on how to use energy levels, sensory menu activities and the promotion of an individual's self-regulation awareness.

28th Sept - Wellbeing and Resilience

At SensationALL, the importance of self-awareness and reflection is incorporated into all our services. This training explains current theories and explores ways to increase confidence and positivity in order to build resilience. Additionally, we will teach you ways to improve your own wellbeing with our tried and tested SensationALL techniques!

5th Oct - Developing Practical Strategies

This workshop provides hands-on opportunities to try out strategies and with the support of staff, you will develop your own practical approaches to try out at home. You can ask about your specific 'challenges' for us to tackle or we will work through example case studies. Plus, find out more about our SensationALL templates or resource ideas.