



for parent/carers **Neurodiversity workshops**



Interactive, practical sessions to help you understand more about neurodiversity and how best to support individuals with support needs. Our clinicians have over 20 years' of experience working with individuals with support needs and complex conditions and will share their wealth of knowledge with you!

Introduction to Neurodiversity & Autism

Discussion of the numerous common presentations of neurodiversity including, demand avoidance, social difficulties and 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.

Sensory Issues

Learn about the significance each of our senses has on individual's ability to understand the world and feel safe. Try out some sensory experiences and explore useful resources. This session helps 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.

Self-regulation

Self-regulation can be essential to overcome daily challenges. The content of this session covers current neuroscience research, including theory about arousal states and, how this can present when processing and modulation of information is impaired. We will discuss practical techniques such as energy levels, sensory menu activities and how to promote an individual's awareness of their self-regulation.

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. We will teach you ways to improve your own wellbeing with our tried and tested SensationALL techniques!

Developing Practical Strategies

Hands-on opportunity to try out strategies and, develop your own practical approaches to try at home. You can also ask about your specific 'challenges' that we can tackle together or we will work through example case studies. Includes SensationALL templates and resource ideas.

Enquire via email:

training@sensationall.org.uk