

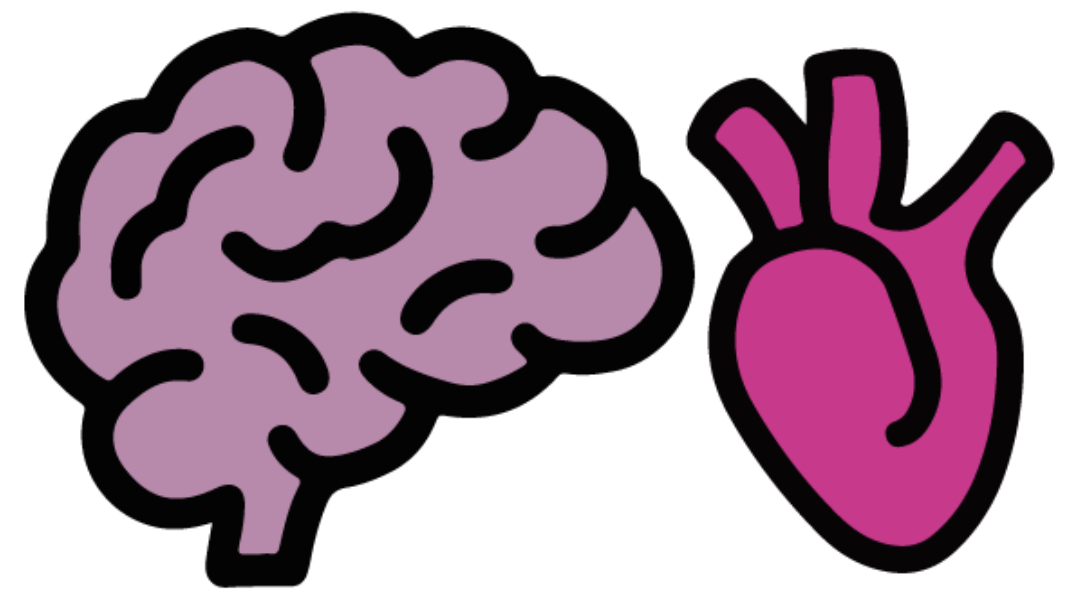
It's All on the Inside

Online Training

This **NEW** aims to give a deeper understanding of the internal senses for adults and children with SPD.

Overview:

- This training takes approximately 2 hours
- It is suitable for anyone who is interested in learning more about SPD including parents / family members, education professionals, carers, therapists and support staff
- On completion you will be awarded with a certificate



You will learn:

Interoception & daily life

We begin by making you aware of how important our internal signals are in everyday life and how much we rely on them.

Regulation

Here you learn about homeostatis, regulation and just how very clever our body is at adjusting to our needs. Self-regulation is something we learn, and so you will understand about co-regulation and what that is first in order to support some people who have not developed these skills yet.

Quality of life

If someone has difficulties recognising interoceptive messages, then it can hugely impact on their quality of life - here you will learn how and why this might be.

Interoceptive characteristics of SPD

You will learn how to identify characteristics specific to difficulties processing these internal messages, so that you can go back home or to work and feel more confident in supporting someone with SPD.

Supporting interoceptive needs

We will share with you some of the best strategies that we know about currently to support interoceptive processing difficulties.



A great introduction to understanding what is going on inside and why this may have an impact on behaviour.



Supporting people with SPD

Training | Insights | Resources

www.sensorspectacle.co.uk/online-training