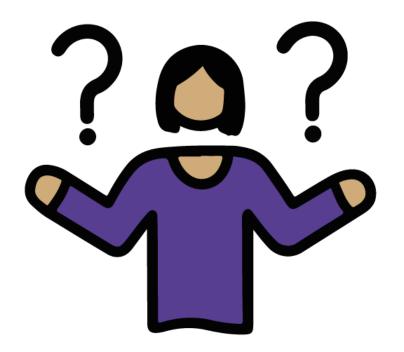# What is SPD?
Online Training

This **NEW** course offers an introduction into what SPD is, it's sub-types and how we might recognise sensory needs.

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:

Signs of SPD at home and work

This course will teach you what Sensory Processing Disorder is and how to recognise the signs, both at home and in a work environment.

A sensory refresher

We cover a refresher of our 8 senses and how important they are for understanding children and adults with SPD.

Sensory integration

The term 'Sensory Integration' is commonly used when talking about SPD. We explain what it means and why it is important.

SPD terminology

You'll learn all about the terms commonly used when explaining SPD, how to describe sensory needs and what certain characteristics mean.

Sensory Processing Model

We look at Winnie Dunn's Sensory Processing Model to help us to understand characteristics of SPD.

Sensory behaviours

We explore in depth the word 'behaviour' in relation to SPD and understanding some of the characteristics we might observe.

It's important we know why someone is displaying a certain sensory behaviour, as it will help us to understand specific needs. This can help us to support them better in their day to day routines.

> *Jam-packed with helpful and practical information, with relatable examples.*