

Understanding Sensory Processing Difficulties
A training session for parents/carers
led by Dr Helga Abernethy (PhD)

Dr Helga Abernethy (PhD) works with children and adults with sensory processing difficulties that underlie fine and gross motor skill delays and self-regulation difficulties.



Sensory processing difficulties can present in a variety of different ways such as:

Sensitivity to certain textures of clothes - Picky eater - **Appearing clumsy**

Sensitivity to sound or not responding when spoken to - **Poor motor planning**

Handwriting difficulties - **Struggling with emotional-regulation**

Struggling with self-care tasks such as bathing, brushing hair/teeth, doing buttons, zips, laces, etc.

Sensory processing difficulties can exist with or without other diagnosis such as autism, ADHD, etc, and can impact every area of a person's daily functioning.

The aim of this training session will provide an overview the following:

- Sensory processing difficulties: What it is, what it looks like, how it links with anxiety, emotional-regulation and ASD, treatment options.
- Gross motor skills: What it is, the impact of sensory processing difficulties on gross motor skills and the use of sensory circuits to develop gross motor skills.
- Fine motor skills and handwriting: What it is, the impact of sensory processing difficulties on fine motor skills and handwriting, skills required for handwriting and treatment options.

Date:-Tuesday 12th February 2019 – Time:-10.00 am-1.00 pm

Tea and coffee will be provided but you will need to bring your own lunch

**Venue: St Albans Girls' School, Sandridgebury Lane,
St Albans, AL3 6DB**

Please note: on-site parking is severely restricted owing to building works. We suggest you park in Green Lanes (opp STAGS, off the main road)

Training is FREE to parents/carers living within DSPL7.

Booking is essential as places are limited.

Please book, either by phone

01727 853134 Ext 244 or email admin@d脾l7.org.uk