

## Sensory Integration Module 1 Foundations and Neuroscience

### (Sensory Integration Network)

I am very grateful to the FPSA for the opportunity to attend this training. Owing to the current climate I had been declined this opportunity through my workplace, and this had left me feeling disheartened. I am very passionate about working with young people and striving to improve my skills, and in turn the treatment I am able to deliver.

I attended the five day course in Birmingham which outlined the foundations and neuroscience behind sensory integration. As an occupational therapist (OT) working in mental health, neuroscience is not an area which I am very familiar with, so I did the required pre course reading to ensure I could take full advantage of this opportunity. I could not have envisaged how beneficial this course was going to be for me. It consolidated my knowledge and understanding of interventions for a range of conditions. It allowed me to learn about the different sensory systems (specifically tactile, proprioceptive and vestibular) and how these link to praxis and modulation.

As a sole OT within my team I found networking with others OT's very helpful. It helped me to reflect on my role as a senior CAMHS practitioner and helped me to think about how I can maintain my professional identity as an OT. Hearing what other people did in their roles helped me to think about how I could consolidate the skills in the course in my daily practice. Also having five days away from my clinical practice gave me time to reflect on my work, many of the cases I work with I thought about in relation to the new information which I was learning.

As part of the course I had to complete an online neuroanatomy test and an essay which consolidated my learning. This stretched me academically, but also helped me to make myself aware of local academic resources. It made me feel reconnected and curious for learning again.

Since returning after the course I have used the knowledge gained on a daily basis. It has also given me a new confidence in talking about sensory based strategies and understanding the neuroanatomy behind this. I have been able to share this understanding with young people and families. I have also sought out local teams who have further knowledge of this to support me to develop this skills and understanding. There are plans to present some of this information to colleagues and to run sensory groups for parents for children with ASD.