

Sensory Diets: Effective and Powerful Individualized Sensory - Informed Support Plans



PRESENTER

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International and National Lecturer



WHEN

Thursday, January 25, 2024

8:00 AM —3:00 PM EST

TARGET AUDIENCE: OT, OTA, PT,
PTA, special educators, educators

INSTRUCTION METHODS: Lecture,
slides, case studies

LEVEL: Intermediate



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COURSE DESCRIPTION

A **sensory diet** is an occupational therapy intervention that offers an opportunity to support sensory modulation and regulatory skills that impact daily participation. The Sensory Diet is a term that has become commonly used in pediatric occupational therapy, though the intention and integrity of the concept is often poorly understood. As originally described by Patricia Wilbarger, in the early 1970's, the sensory diet was designated for the treatment of sensory defensiveness. With advances in understanding of sensory modulation difficulties, the sensory diet concept has emerged as a powerful strategy to address not just sensory defensiveness, but other sensory modulation difficulties including arousal regulation, emotional regulation, attention systems disruption, as well as to support socially mediated engagement. When provided correctly, the sensory diet approach offers a comprehensive method that includes: 1) education and awareness, 2) an individualized, targeted sensory diet plan that is professionally guided and monitored, and 3) specialized, professional treatment techniques targeted at key issues of concern.

In this course, you will learn how to establish power, precision and proper timing in the sensory diet targeted to desired outcomes. The evidence-base supporting the use of a sensory diet approach will be reviewed. Hands-on practice will encourage participants to understand the nuance of application. Implementation of a sensory diet involves parents and other adults, so coaching them to effectively implement the sensory diet is included in the course, as is monitoring the effectiveness of the program. Case examples from children with neurodevelopmental needs will illustrate the power of matching the sensory diet to a child's specific needs. Finally, the sensory diet concept will be contrasted with a sensory based approaches, including the "sensory lifestyle", sensory breaks, and sensory support plans, accommodations, & modifications.

LEARNING OBJECTIVES

At the end of this seminar the participant will be able to:

1. Explain the foundational principles of sensory integration and development that inform use of a sensory diet intervention to support occupational performance.
2. Differentiate between sensory-based approaches across the continuum and evaluate appropriateness of the selected intervention based upon individual differences/client factors.
3. Determine the sensory modality (vestibular, somatosensory, auditory, visual, etc) and the quality within that modality as it aligns with the underlying strengths and needs of the client in order to generate examples of strategies to be used within a precise sensory diet.
4. Utilize the learned formula of frequency, intensity, duration, and rhythmicity across sensory modalities to critique a sensory diet for effectiveness related to the intensity intervention plan.
5. Engage in a case study example to evaluate the proposed sensory diet and generate modifications using the learned principles, individual client factors, and impact on occupational performance.

AGENDA

- 8:00-8:30 Introduction and overview of Sensory Diet Concept
8:30-9:30 The Sensory Diet approach as an option along a continuum of intervention that requires clinical reasoning to select and implement. Further situates the sensory diet as within the broad framework of Sensory Integration as developed by Ayres.
9:30 -9:45 Break
9:45 - 11:15 The sensory diet is 'prescriptive' and individualized intervention– getting to Power and Precision in Activities; Includes a discussion of the neuroscience that underlies these concepts
11:15 – 11:45 Lunch
11:45-12:45 Power and Precision – Neuroscience Concepts and Evidence Based Sensory Diets
12:45-1:15 Sensory Diets – Hands on practical approaches.
1:15 - 1:30 Break
1:30 - 3:00 cont. Sensory Diets – Hands on practical approaches

PRESENTER BIO's

Tracy Murnan Stackhouse, MA, OTR is the executive director of Developmental FX (DFX) in Denver, Colorado, a non-profit organization providing clinical and training services to engage and elevate pediatric therapeutic practice. She is a leading pediatric occupational therapist (OT) involved in clinical treatment, research, mentoring, and training regarding OT intervention for persons with neurodevelopmental disorders, especially Fragile X Syndrome and autism. Tracy has a master's degree in developmental psychology/neuroscience. She received her NDT training with Lois Bly. She is SIPT Certified and was the clinical specialist in sensory integration at The Children's Hospital in Denver as well as the OT for the Fragile X Research and Treatment Center. Tracy continued her clinical and research work with Dr. Randi Hagerman at the UC Davis M.I.N.D. Institute during its start-up year prior to starting Developmental FX. Tracy has written several book chapters on sensory integration and neurodevelopmental disorders and teaches nationally and internationally on sensory integration, autism, fragile X and related topics. She is the lead author for the SpIRiT & S.T.E.P.S.I. Clinical Reasoning Tools which are leading-edge evidence-based models in pediatric OT. These models are utilized in OT practices around the globe and included in the model at Camp Jabiru in Australia. The tools are shared through the "Spirited Conversations" Podcast as well as through DFX's training platform, Learning Journeys. Tracy is a member of the National Fragile X Foundation Clinical Research Consortium, the Scientific And Clinical Advisory Committee, and the NFXF Advisory Council and an expert advisor to the CDC and RTI Fragile X Priorities Panel.

DISCLOSURES: Tracy is the co-founder of Developmental FX, which is a non-profit organization that is governed according to our mission and bylaws with a board of directors providing fiduciary and general oversight. All proceeds from trainings and publications are paid to the non-profit and not directly to Tracy to ensure that there is no conflict of interest and no disclosure.



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