

Bringing Play & Relationship to Sensory-based OT: The Neurodevelopment of Regulation (3 hours)

This course will begin with an overview of the roles of play and relationship in the neurological development of regulation, with a focus on children with disordered sensory processing. Drawing from the works of Drs. Daniel Siegel, Theresa Kestly, and Steven Porges, among others, we will explore how to incorporate these concepts into occupational therapy practice. We will discuss concrete steps toward supporting regulation through Sensory Integration Therapy, parent attunement, and the power of play. Finally, we will reflect on sharing this important information with families, to support the development of co-regulation between children and parents.

Learning Objectives:

- Explain the physiological basis for intense behavioral responses in children with disordered sensory processing
- Recognize the importance of using play to create the just-right safe space for neurological growth and development
- Describe how to create playful connections in sensory-based OT sessions
- Identify ways to attune to each child's individual differences
- Explain the role of your own arousal level during treatment
- Discuss the importance of assessing *parent readiness* when sharing this information with families