

# SENSORY ATTACHMENT INTERVENTION CONSULTANCY

[www.sensoryattachmentintervention.com](http://www.sensoryattachmentintervention.com)



## SAI FOR ADULTS AND ADOLESCENTS

(Part One) 21st-22nd April  
(Part Two) 6th-7th and 20th-21st May  
2021

Online Course via Zoom

£1050

**To book a place please contact:** [traininginsai@gmail.com](mailto:traininginsai@gmail.com)

ÉADAOIN BHREATHNACH, CHRIS WEST  
& HELEN JOHNSON

## **Course Overview**

This course is taught in two parts.

### **Part 1 Attachment & the Use of Strategic Behaviours**

Part 1 looks at Attachment, in particular Crittenden's Dynamic Maturational Model of Attachment and Adaptation. It will consider how the quality of attachment impacts on the individual's development and their capacity to participate in intervention programmes. The focus will be to provide insights into how individuals organise around their core attachment fears and on the development of strategic behaviours.

### **Part 2 Impact of Trauma on Regulation and Sensory Processing The Just Right State Programme for Adolescents and Adults**

Part Two considers the link between trauma, affect regulation, and sensory processing. It also teaches the administration of the Just Right State Programme for adolescents and adults.

This programme is particularly suited for those who struggle to participate in intervention programmes because of their incapacity to regulate their emotional states. It enables the management of the stress responses by embedding regulation into daily life routines. The JRS comprises of 8 sessions (one and a half hours to two hours) This programme can be provided for individuals, groups or families.

## **Learning Outcomes**

Participants will be offered the opportunity to:

- ◇ Have an overview of the Dynamic Maturational Model of Attachment and Adaptation (DMM).
- ◇ Consider how the behaviour of adolescents and adults can be best understood when we focus on the function of the behaviour rather than the surface appearance of the behaviour.
- ◇ Develop an understanding of how attachment is used to organize behaviour and what this looks like in adolescents and adults.
- ◇ Learn to interpret sensory and physiological profiles.
- ◇ Identify whether behaviour is due to sensory, cognitive, or attachment difficulties.
- ◇ Learn to administer the Just Right State Programme for Adolescents and Adults.

## **Presenters:**

**Helen Johnson** is the director of Attachment Works. Helen has been a qualified social worker since 1999. She is committed to using evidenced based and innovative ways of helping children and parents in both birth and adoptive families and in providing support and training to professionals.

Helen is a certified coder for Child Attachment Interview, Story Stem Profile Assessment, and the Adult Attachment Interview. She also has completed advanced training in the School Aged Assessment of Attachment (DMM), Advanced Clinical Pre-School Assessment of Attachment using the Strange Situation Protocol developed by Mary Ainsworth, Child Attachment and Play Assessment (CAPA) and Video Interactive Guidance Stage Two, AVIGuk.

**Éadaoin Bhreathnach** is a Consultant Occupational Therapist and Attachment Counsellor, based in Northern Ireland. She has over 30 years experience of working in the NHS and in private practice. Her work focuses on the treatment of traumatised children, young people, and adults, who struggle to participate in intervention programmes because of their heightened levels of anxiety.

Éadaoin developed a trauma model called Sensory Attachment Intervention (SAI) in which individuals learn to self-calm through the use of sensory regulating activities that can be easily embedded into daily live routines. Key postgraduate training completed includes MSc. in Guidance & Counselling , AAI (Crittenden), Meaning of the Child Interview (MoTC), Child Attachment & Play Assessment (CAPA) Advanced training in SI (SIPT Cert) Neurodevelopmental Therapy (Bobath), Somatic Experiencing (Level 2).

**Chris West** is a co-director of The Adoption Consultancy 360. She is a HCPC registered occupational therapist, with over 25 years experience of working with children and young people with a range of needs, including child and adolescent mental health, children who have been adopted and have sensory integration and attachment difficulties, and children with special needs. Chris is passionate about supporting children who have experienced developmental trauma to develop enhanced co-regulation and self regulation, and to work alongside those caring for and working with them to develop a greater understanding of how to support them in relation to this, to support increased enjoyment and engagement in everyday activities. Chris is a trainer in the SAI approach, and delivers this, along with other sensory informed training, to a range of parents and professionals.

**Testimonials:**

*From Feedback on the SAI for Adult and Adolescents Course, Ash Cottage.  
November 2019.*

**How would you describe your overall training experience?**

*"..feeling inspired/vindicated about the importance of Attachment in my work."  
"Excellent! Nurturing and supportive and very approachable trainers. Right number of attendees to generate interesting discussion yet keeping it intimate."*

**Did the course meet your expectations?**

*"Better than expected"  
"Yes and more"*

**Comments on Venue:**

*"Lovely and homely and perfect for training and content."  
"Stunning"  
"Beautiful, homely and calm - you really put into practice regulation for us"*

**Comments on Food:**

*"Delicious. Thank you!"*

**Any other comments:**

*"I anticipated that this course would be helpful, but it went way beyond that. I imagine that it will resonate with every client I see. I'm inspired to get back and enrich home and work environments; to challenge myself / family / clients / co-workers to become sensory aware minute-to-minute."*