

Sensory Processing and Its Implication in Trauma Resolution

Presented by Ana do Valle, OTR, SEP

DAY 1:

8:30 – 10:00 AM Somatic Experiencing:

Theoretical model /Application/Exercises

10:00 – 10:30 AM: BREAK

10:30 – 12:15 PM Sensory Integration:

Theoretical model/Application/Exercises

12:15 – 1:15 PM: LUNCH

1:15 – 2:00 PM Limbic System

Freeze response/Freeze and discharge/Limbic system physiology and memory/Video

2:00 – 3:00 PM: Polyvagal System:

Autonomic regulation in trauma/Limbic arousal /Dorsal vagal freeze/Ventral vagal integration/Heart rate variability/Exercise

3:00 – 3:30 PM: BREAK

3:30 – 3:45 PM : Dysregulation

Cyclical autonomic dysregulation

3:45 – 5:30 PM: Sensory Processing & Trauma: Autonomic Dysregulation

Sensory Modulation Disorder/Sensory Motor Based Disorder/Sensory Discrimination Disorder/Video

DAY 2:

8:30 – 10:30 AM: Diseases of Trauma & case studies

HPA axis hypothalamic / pituitary : hypo-hyper thyroid

Diseases of Somatic Dissociation: reflex sympathetic dystrophy

Diseases of Procedural Memory: chronic pain

Diseases of Freeze: irritable bowel syndrome

Syndromes of Kindling: hyperacusis, tactile defensiveness

Endocrine and Immune Responses

10:30 – 11:00 AM: BREAK

11:00 – 12:00 AM: Dissociation

Manifestation of dissociation/Conversion reaction/Boundaries

12:00 – 1:00 PM: LUNCH

1:00 – 1:30 PM: Sensory Defensiveness

Case study

1:30 – 2:30 PM: The use of Sensory Diets to counter act dissociation

De-fragmenting/Coherence/Embodiment/Empowerment

Video/case study

Case study illustrating dissociation/conversion reaction and the utilization of a sensory diet for recovery

2:30 – 3:00 PM: Disorder of Extreme Stress Not Otherwise Specified: DESNOS

Stabilizing the nervous system/Attunement/Community re-integration

3:00 – 3:30 PM: BREAK

3:30 – 5:30 PM: Healing Trauma and Sensory Processing Differences

A “bottom to top” approach

Utilizing a sensory motor based approach to heal trauma

Video/case study