

# Workshops



We are passionate about raising awareness and educating about SPD. We offer a series of workshops which incorporate immersive learning and theoretical knowledge for a deeper level of understanding and support.

## Open Workshops

These take place regularly throughout the year in various places across the UK. Visit our website for information on upcoming workshops.

## In-House Workshops

If you have a group of 15 or more, you may prefer to arrange an in-house workshop in your setting. This offers you the opportunity to tailor the workshop to meet your needs.

## Bespoke Workshops

SPD can be highly complex and individual. Workshops can therefore be arranged on a wide variety of topics or we can build a workshop based on your specific SPD needs. For further information visit [www.sensoryspectacle.co.uk](http://www.sensoryspectacle.co.uk) or email us at [hello@sensoryspectacle.co.uk](mailto:hello@sensoryspectacle.co.uk).



## FEEL IT

This workshop is the first in a series of 3 workshops. It will give you a sound understanding of how SPD can impact individual lives and the terminology to be able to communicate effectively with an adult or child with sensory needs.



### Overview:

- This 1 day workshop is suitable for anyone who is interested in learning more about SPD, including parents / family members, education professionals, carers, therapists and support staff
- It offers the opportunity to experience our 'Being Ben', 'Lola's World' and 'Mehdiosmia' installations
- We run this regularly across the UK as an open workshop (£85 per person). For upcoming dates or to book visit our website
- If you would like to run this in-house, please contact us with your requirements
- On completion you will be awarded with a certificate

### You will learn:

- Why our senses are important to our development
- What sensory integration is
- What SPD is
- What Sensory Processing Disorder is
- How to identify characteristics of SPD
- How it might feel to experience SPD using our experiential learning tools
- How to support sensory development



*This course had a lot of both theoretical and practical information, guidance and support which was very helpful. The mechanisms and advice are embedded with sound research so it was really engaging and meaningful.*



Supporting people with SPD

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[www.sensoryspectacle.co.uk/workshops](http://www.sensoryspectacle.co.uk/workshops)

# DO IT

This workshop follows on from FEEL IT. Having gained the confidence to identify a child or adults 'over-riding' sensory needs, this workshop gives you the confidence and strategies to support sensory needs in all environments.



## Overview:

- This 1 day workshop is suitable for anyone who is interested in learning more about SPD, including parents / family members, education professionals, carers, therapists and support staff
- We run this regularly across the UK as an open workshop (£100 per person). For upcoming dates or to book visit our website
- If you would like to run this in-house, please contact us with your requirements
- On completion you will be awarded with a certificate

## You will learn:

- How we can focus on personalising sensory support
- Why we need to provide opportunities to support self-regulation
- Practical and fun strategies to support all 8 sensory systems
- How to create a plan to support someone you care for
- The importance of being flexible in providing SPD care



*It delivered so many thought-provoking ideas from observing a child, identifying their sensory needs and supporting them. I learnt a lot and thoroughly enjoyed it.*



# KNOW IT

This NEW workshop builds on what you learnt on our FEEL IT and DO IT workshops to focus on our 3 internal senses; proprioceptive (body-awareness), vestibular (movement and gravity) and interoceptive (feeling of needing the toilet, tiredness, hunger or thirst).



## Overview:

- This 1 day workshop is suitable for anyone who is interested in learning more about SPD, including parents / family members, education professionals, carers, therapists and support staff
- We run this regularly across the UK as an open workshop (£85 per person). For upcoming dates or to book visit our website
- If you would like to run this in-house, please contact us with your requirements
- On completion you will be awarded with a certificate

## You will learn:

- How each of these sensory systems function and why they are important
- How we recognise the characteristics of sensory needs from these senses
- The importance of understanding emotional regulation in regards to these internal messages
- Strategies to use to support these senses

### Becky Lyddon

**Founder of Sensory Spectacle & Workshop Leader.**



Becky has a wealth of experience working with adults and children with complex health needs and disabilities, She qualified as a Makaton tutor and has won awards for her immersive installations focussing on the sensory world.

Becky has produced hundreds of videos, resources and training and travels far and wide raising awareness and educating on SPD.



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