

Online Training



Educating and building awareness on SPD is our passion. Delivering training online means that wherever you are in the world you have can access our training and learn at your own convenience.

A variety of courses are available. Many are suitable for anyone with an interest in learning more about SPD, however some are specifically targeted towards particular settings.

What is SPD?



Understanding Our Senses



Becoming a Sensory Detective



Classroom Sensory Profiles



Where to Begin Supporting Students with SPD



Creating a Sensory Map



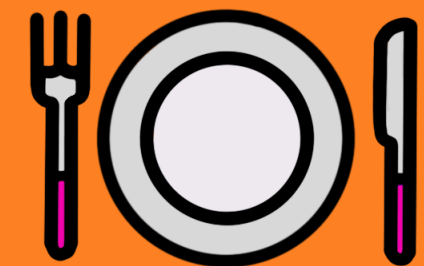
It's All on the Inside



Care & Personal Hygiene Difficulties



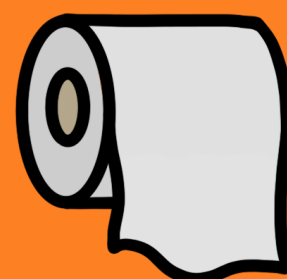
Eating & Food Difficulties



Sleeping Difficulties



Toileting Difficulties



Daily Living Difficulties



For prices and instructions on how to enrol on any of these courses visit our website.



This course had a lot of both theoretical and practical information, guidance and support which was very helpful.



Supporting people with SPD

Training | Insights | Resources

www.sensoryspectacle.co.uk/online-training

What is SPD?

This **NEW** course offers an introduction into what SPD is, its sub-types and how we might recognise sensory needs.



Overview:

- This training takes approximately 2 hours
- It is suitable for anyone who is interested in learning more about SPD including parents / family members, education professionals, carers, therapists and support staff
- On completion you will be awarded with a certificate

You will learn:

- What SPD is and the signs
- A sensory refresher and how our senses work together
- Commonly used terms
- How to describe sub-types of SPD
- Sensory regulation
- Understanding and supporting people with SPD



Understanding Our 8 Senses

This course gives you a good grounding on the senses and SPD on which to build.



Overview:

- This training takes approximately 2 hours
- It is suitable for anyone who is interested in learning more about SPD, including parents / family members, education professionals, carers, therapists and support staff
- On completion you will be awarded with a certificate and 2 CPD points

You will learn:

- How each of our 8 senses work
- Baseline knowledge for understanding SPD
- Information to use for all developing children

“Very informative and easy to understand and apply immediately. Fantastic training!”



Becoming a Sensory Detective

This course aims to build your confidence in understanding and recognising characteristics of SPD in children or adults.



Overview:

- This training takes approximately 7 hours
- It also includes the contents from our 'Understanding Our 8 Senses' course for FREE
- It is suitable for anyone who is interested in learning more about SPD, including parents / family members, education professionals, carers, therapists and support staff
- On completion you will be awarded with a certificate and 7 CPD points

You will learn:

- The importance of why our senses need to work together
- What sensory processing difficulties are, what it means and who experiences it
- Detective skills to recognise what certain sensory characteristics mean
- How to identify over-riding sensory needs
- How SPD can impact on daily life and what to consider
- How to consider sensory needs versus behaviours
- Frequently used terminology



Jam-packed with helpful and practical information, with relatable examples.



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Classroom Sensory Profiles

This course teaches you how to assess and respond to sensory difficulties in the classroom, including strategies and learning styles to suit student's differing needs.



Overview:

- This training takes approximately 7 hours
- It is suitable for anyone who is interested in learning more about SPD including parents / family members, education professionals, carers, therapists and support staff
- On completion you will be awarded with a certificate and 7 CPD points

You will learn:

- To engage all senses in your teaching programmes
- What specific sensory characteristics mean in the classroom, eg fidgeting, noisy or continuously moving students
- How to approach teaching children with sensory difficulties and learning styles and strategies to suit them
- How to complete a sensory profile of your students



Informative course and very thought-provoking. For each section I could relate to at least one student and how I can support them better in class.



Where to Begin Supporting Students with SPD

This course aims to teach the skills to understand how to accurately recognise behaviours relating to sensory processing difficulties..



Overview:

- This training takes approximately 7 hours
- It is designed to be delivered as an inset day, either as a whole team together or for staff to go away and complete in their own time
- It also includes the contents from our 'Understanding Our 8 Senses' course for FREE
- It is suitable for anyone who is interested in learning more about SPD, including parents / family members, education professionals, carers, therapists and support staff
- On completion you will be awarded with a certificate

You will learn:

- The importance of our senses for learning and development
- What Sensory Processing Disorder is
- How to understand and recognise sensory characteristics and misunderstood behaviours
- Insight into some student profiles
- Strategies and ideas to support students



This course was fantastic, very clearly delivered and it helped me to make sense of when the children I work with have certain behaviours.



Creating a Sensory Map

This course aims to provide museum, gallery and heritage site staff all they need to know to support visitors with SEND.



Overview:

- This training takes approximately 7 hours
- It is suitable for museum, gallery and heritage site staff
- On completion you will be awarded with a certificate and 7 CPD points

You will learn:

- How to make information available for families and groups prior to their visit
- What information visitors with SEND may find helpful
- How to create a sensory map and how to find and access funding for this
- Other ways to ensure all visitors feel welcome in your setting

It's All of the Inside



This **NEW** aims to give a deeper understanding of the internal senses, why these are important for our ability to regulate and respond to our emotions, and what this can mean for children and adults with SPD.

Overview:

- This training takes approximately 2 hours
- It is suitable for anyone who is interested in learning more about SPD including parents / family members, education professionals, carers, therapists and support staff
- On completion you will be awarded with a certificate

You will learn:

- What interoception is
- The importance of our internal signals in daily life
- The role of self-regulation and how you can support someone to develop these skills
- The impact of interoceptive awareness and how this relates to body awareness, emotional awareness and regulation
- Recognising interceptive messages and how this can impact quality of life
- How to identify characteristics specific to processing internal messages
- Strategies to support someone with interoceptive processing difficulties at work or in the home

Personal Care & Hygiene Difficulties

This course takes you through the sensory aspects of why some people with SPD may experience difficulties relating to personal care and hygiene.



Overview:

- This training takes approximately 2 hours
- It is suitable for anyone who is interested in learning more about SPD, including parents / family members, care staff and other professionals to whom this might be relevant
- On completion you will be awarded with a certificate

You will learn:

- To understand your child or adult with sensory difficulties and how best to support them with daily life regardless of age
- Hints and tips relating to bath-time / showering, nail trimming, hair cutting, brushing teeth and getting dressed

Eating & Food Difficulties

This mini course takes you through the sensory aspects of why some people with SPD may find mealtimes and eating difficult.



Overview:

- This training takes approximately 2 hours
- It is suitable for anyone who is interested in learning more about SPD, including parents / family members, care staff and other professionals to whom this might be relevant
- On completion you will be awarded with a certificate
- The course can also be purchased as part of our 'Daily Living Difficulties' bundle

You will learn:

- To understand your child or adult with sensory difficulties and how best to support them during mealtimes, regardless of age
- Sensory play or activities which help develop these skills



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Sleeping Difficulties



This mini course takes you through the sensory aspects of why some people with SPD may find it difficult to get to sleep, to get into a bedtime routine or rest.

Overview:

- This training takes approximately 2 hours
- It is suitable for anyone who is interested in learning more about SPD including parents / family members, education professionals, carers, therapists and support staff
- On completion you will be awarded with a certificate
- The course can also be purchased as part of our 'Daily Living Difficulties' bundle

You will learn:

- To understand your child or adult with sensory difficulties and how best to support them during mealtimes, regardless of age
- Sensory play or activities which help develop these skills

Toileting Difficulties



This mini course takes you through the sensory aspects of why some people with SPD may find it difficult to toilet train.

Overview:

- This training takes approximately 2 hours
- It is suitable for anyone who is interested in learning more about SPD, including parents / family members, care staff and other professionals to whom this might be relevant
- On completion you will be awarded with a certificate
- The course can also be purchased as part of our 'Daily Living Difficulties' bundle

You will learn:

- To understand your child or adult with sensory difficulties and how best to support them with their toileting, regardless of age
- Sensory play and activities which help to develop the skills for toilet training, like zips, buttons and wiping



Daily Living Difficulties

This mini course bundle comprises of the 'Eating & Food Difficulties', 'Sleeping Difficulties' and 'Toileting Difficulties' training.



Becky Lyddon - Founder of Sensory Spectacle & Course Leader.

Becky delivers all of our online training.

She 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 and resources. She travels far and wide raising awareness and educating on SPD. For further information visit our website.



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