



Two-day Workshop on MENTAL HEALTH Needs Across the Lifespan: Support and Treatment from a Sensory Processing Perspective

(Course code: HKOTA-O-08-18-0031)

Date : 3 to 4 December 2018 (Monday to Tuesday)

Time : 9a.m. to 5p.m.

Venue : N102, The Hong Kong Polytechnic University,
Hung Hom, Kowloon, Hong Kong

Workshop details

This two-day workshop will provide an integrated, theoretical connection between mental health challenges across the lifespan and sensory processing issues in order to support and enhance therapeutic treatment and practice. The focus on the neurobiological link between affective disorders and sensory processing will assist participants in supporting people with a range of mental health issues such as anxiety disorders, personality disorders, depression, and eating disorders. A preliminary understanding of how attachment, early childhood developmental trauma, stress, arousal and sensory processing challenges impact lifelong mental health challenges will be achieved.

Therapists will observe how sensory processing issues in children can contribute to dysregulation that destabilizes social and emotional well-being and how primary mental health diagnoses may have sensory processing manifestations as components of their symptomology and their effect on occupational engagement. Participants will have an opportunity to explore how their current practices can be supported and enhanced through further understanding of links and integration of psycho-therapeutic skills, cognitive approaches, sensory processing intervention, and neurobiological perspectives for children, adolescents and adults with a range of mental health challenges.

The workshop will incorporate practical theory, clinical reasoning, videotape analysis and intervention labs.

Course Objectives

Upon completion of this course, participants will be able to:

- Develop an understanding of how mental illness is linked to the neurobiology of the sensory systems.
- Explain how attachment strategies are functionally adaptive in relation to developmental trauma and develop into mental illness across the lifespan
- Describe the connection between attachment, developmental trauma, cognitive processes, stress, arousal and sensory processing challenges
- Discuss how the use of relational attunement skills and therapeutic use of self can stabilize arousal and support sensory processing issues in mental health clients across the lifespan to enhance occupational engagement
- Develop a repertoire of sensory processing strategies for the treatment of mental illness across the lifespan and integration of these into current practice and perspectives
- Begin to integrate the psycho-therapeutic process within a sensory motor context





Targeted participants

Occupational Therapists, Clinical Psychologists,
Doctors

Capacities

70 (First come, first served, priority will be
given to HKOTA members)

Course Fee

	HKSI Soc/HKOTA members	Non-HKSI Soc/ Non-HKOTA members
Early bird before 10 November 2018	HK\$2,600	HK\$3,200
Course fee	HK\$2,800	HK\$3,400

Deadline for application:
16 November 2018
Confirmation will be given on or before:
23 November 2018
HKOTA CPD: 6 Points

Course Instructor

Kimberly Barthel

She is a world-renowned teacher and occupational therapist, actively supporting multi-disciplinary function and healing in many cultures. A pioneer in reinforcing the importance of relationship in therapy, she is known for blending cutting-edge developments in neuroscience with the art of compassionate inquiry. With 30+ years as an OT, Kim's specialties include Neuro-Developmental Treatment, Sensory Processing, Complex Behaviour, Autism, Mental Health, Trauma Informed Practice, and Attachment. To empower personal reflection, she recently co-authored the national best-seller *Conversations with a Rattlesnake* with NHL hockey legend Theo Fleury. Kim's mission is to support the conscious evolution of the human spirit.



For enquiries, please contact:

Ms Lydia Yip (e-mail: mail.hkota@gmail.com)

**Deadline for application
16 November 2018**

For registration, please contact:

Mr. Stanley Lam (e-mail: infomail.hkota@gmail.com; Tel: 5406 6878)

Language

English

Remarks

Certificate of attendance by HKOTA will be issued to participants with 90% attendance.

Agenda

Day 1

9:00–10:45	Mental illness and its neurobiological connection to sensory processing
11:00–12:30	The adaptive function of attachment strategies to danger, mental illness and developmental trauma
12:30–13:30	Lunch
13:30–17:00	The connection between mental illness, developmental trauma cognitive processes, stress, arousal and sensory processing challenges

Day 2

9:00–10:45	Relational attunement skills in sensory processing intervention (video and lab)
11:00–12:30	Integrated approach for assessment and treatment in mental health for adolescence (video, clinical reasoning and lab)
12:30–13:30	Lunch
13:30–15:00	Integrated approach for assessment and treatment in mental health for adults (video, clinical reasoning and lab)
15:15–16:15	Psychotherapy in a sensory environment (lecture and role play)
16:25–17:00	Practical applications in therapeutic setting for future practice enhancing occupational engagement. Wrap up

Please send cheque with application form attached to:

Cheque payable to: Hong Kong Occupational Therapy Association Ltd.

Address: 1126 Sui Fai Factory Estate, 5–13 Shan Mei Street, Sha Tin, Hong Kong.

Attention: CE Sub-committee (Two-day Workshop on Mental Health Needs Across the Lifespan:
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