

All Things Therapy

WHAT'S IN THIS TERMS ISSUE:

- Welcome
- Tutorial Time Support
- Clinical Disciplines
- What's New
- Top Tips

WELCOME

Written by Tash Oddy
(Occupational Therapy Assistant)

Welcome to 'all things therapy' - a newsletter from the Therapy Team at Bramfield House. Here we will keep you up-to-date with what we have been up to and forthcoming news.

Merry
Christmas



A NOTE FROM THE TEAM

El Taylor (Lead Clinician)

It has been a busy term and the team have been working hard to offer group plans and tutorial support to classes across the school, driving forward our universal and enhanced offer. It has been wonderful getting to know the students and staff. We hope everyone has a restful and well-deserved Christmas break!



Tutorial Time Support

As part of our push on the universal provision, we have been supporting classes within tutorial time. Below are some of the topics we have been covering.

Zones of Regulation

We have discussed the four zones (**RED**, **GREEN**, **YELLOW** and **BLUE**) and which emotions belong to each zone. The boys now recognize that triggers can cause you to move out of the green zone. We have discussed strategies to help self-regulate including personalised strategies for each young person.



Neurodiversity & Mental Health

We have been exploring neurodiverse conditions such as Autism, ADHD and Dyslexia, as well as, discussing strategies of how to live with these conditions.



Sensory Circuits

Activities done in a set way to Alert, Focus then Calm. Sensory Circuits help get the young people engaged and increase productivity within the classroom.

Social Communication








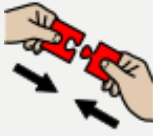







We have covered topics such as Social Understanding, Debates, Reconciliation, Desired attributes in Friendship (Recipe for a friendship) and Turn Taking.



Clinical Disciplines

| Speech and Language Therapy | Occupational Therapy | Psychotherapy |
|-----------------------------|----------------------|---|
| El Taylor | Ashlie Meadows | Rachel Stock |
| Maddie Haddock | Tash Oddy | Kat Childs |
| Maddie Brand | Hanna Snailham |  Maisy |

How we can help...

| Speech and Language Therapy | Occupational Therapy | Psychotherapy |
|---|---|---|
| Communication  | Sensory Circuits  | Feelings and Emotions  |
| Lego Therapy  | Daily Living  | Talking and Listening  |
| Speech Sounds  | Co-ordination  | Creative  |
| Friendship Skills  | Handwriting  | Drama  |
| Body Language  | Zones of Regulation  | Psycho-education  |

What's New



THE OT ROOM

We now have a lots of new and exciting equipment set up in the Occupational Therapy room. We have access to a Ball Pit, Spinners, Weighted Teddys, Squeeze Machine, Crafts, Peanut Balls, Bosu Balls, Sensory toys and more.

Lots of pupils enjoyed drop in sessions on our open day in which they were able to try some of the equipment.



SENSORY EXPERIENCE

As part of the OT open day experience, we made each young person a plate full of Sensory foods. We included samples of Mints, Raw Broccoli, Popping Candy, a Sour Sweet, Salted Popcorn, Crunchy Carrot, Juicy Grape, Crunchy Crisp and more!

We also had some Sensory Smelling Jars filled with things like Vanilla, Garlic, Coffee, Lavender and Ginger.



What's New



SAND TRAYS

With Kat - Psychotherapy

Sand trays are used to allow individuals to tell their story through metaphor. This is a space for them to feel held and safe to explore. We can stay with the metaphor/story or venture outside of the tray by referring to themselves in the story. We can explore how the characters feel and the positions to each other. Attachments can form with the objects so care is taken not to touch the pieces while working with the sand. Memories can be triggered with this process which can then be explored. Sand trays can help with ADHD, anger, depression, separation, low self-esteem and loss, to name but a few.



THE CLINICAL TEAM

NEW ADDITIONS

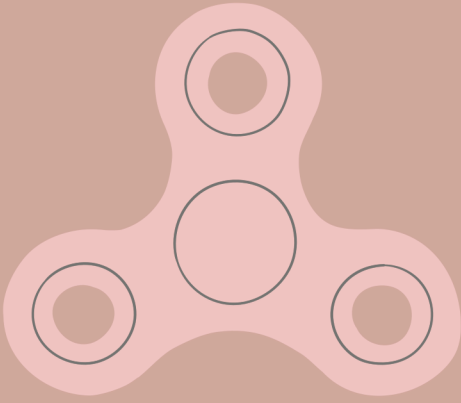
We have been joined by two new members since the last issue of 'all things therapy'.

El Taylor - Clinical Lead
Ashlie Meadows - Occupational Therapist



MAKING A SENSORY FRIENDLY ENVIRONMENT 10 TOP TIPS

by Ashlie Meadows OT



01. KEEP IN MIND THE 8 SENSES:

sight, sound, smell, taste, touch, vestibular, proprioception and interoception.



02. BUILD RELATIONSHIPS:

If the young people feel safe and have trust they will feel more able to share their likes and dislikes.

03. SENSORY ANXIETY

Having a predictable environment can help people feel safer and know what to expect. Warn them of upcoming changes (warn you're switching on lights or of cooking smells near mealtimes).

04. WALL DISPLAYS:

Be mindful when out and about that too much visual information or glare can be overwhelming.

05. HAVE A SPACE FREE OF VISUALS:

Young people who experience overload will appreciate having an area free of visuals, lights etc where they can focus to regulate.

06. BLINDS OVER WINDOWS

can cause shadows and blow in the breeze, causing distractions. Have the blinds open or shut. Using air con can help eliminate blinds flapping.

07. INTEROCEPTION IS EXTREMELY IMPORTANT:

Some students won't recognise the body sensations that inform us about basic needs. It's good for us to give feedback to help them learn. For example – "I'm hungry, my stomach is rumbling."

08. SENSORY FATIGUE:

Filtering, masking or sensory seeking will also use a lot of energy. Encourage relaxed and calming structured activities for brain breaks.

09. BE AWARE OF MASKING:

Some young people will give answers they think you want to hear. For example, if asked "shall we put music on" they may say yes because they believe that's the expected answer. Observe their body language for any subtle changes and get to know the student's likes and dislikes.

10. CONSIDER THE SURROUNDINGS IN THE COMMUNITY:

Cafes, arcades, and shops, may cause sensory overload. Plan ahead and talk about what to expect before visiting and offer a safe place to go if they don't want to go in. You could use ear defenders to support if you have any available.

