

Sensory processing- Give me my coffee

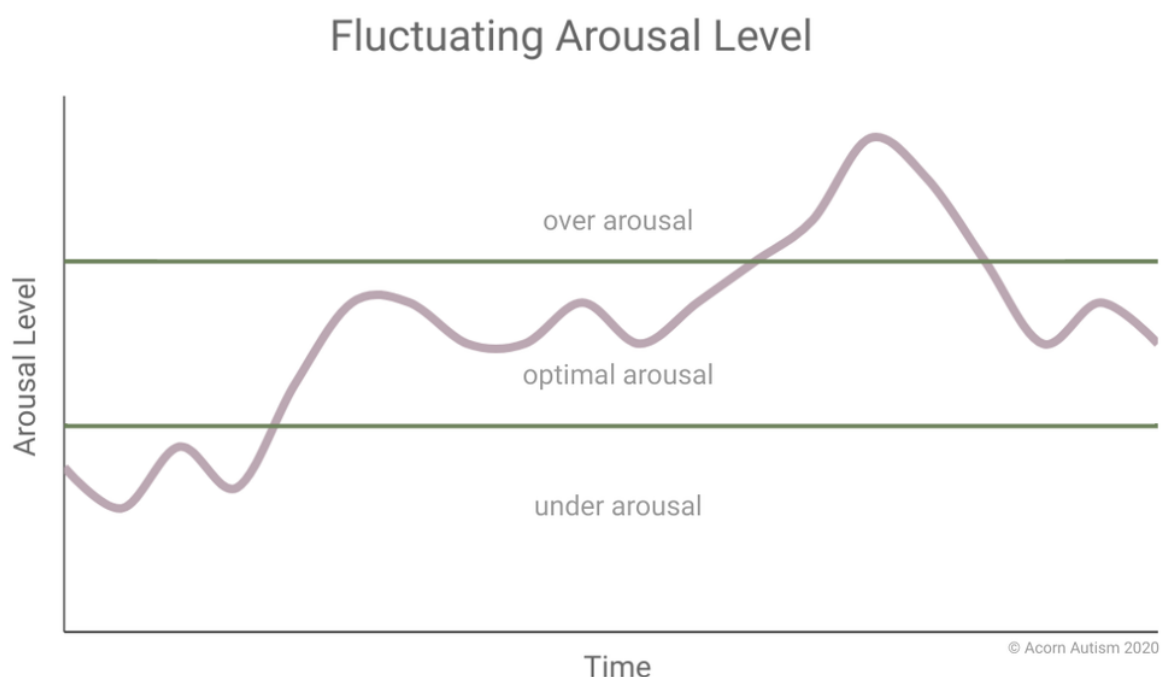
Areas of sensory processing-

Modulation- “Sensory modulation is the brain’s regulation of neural messages by facilitating or inhibiting responses, as required for the specific situation”¹. Problems with sensory modulation occur when our brain either over responds to, or under responds to sensory information.

Discrimination- Sensory discrimination is the “capacity to consciously experience the detailed features of sensory input and interpret their meaning”². This is our ability to comprehend the properties of the sensory input such as where a sound came from, was it loud or soft; or how something feels is it square or round, is it rough or smooth. Difficulties with sensory discrimination, means we can not easily discern one input from another. This leads to difficulties interpreting sensory input correctly, which impacts on our ability to use it productively.

Motor disorders-Sensory based motor disorders include postural control difficulties as well as dyspraxia difficulties. Postural control difficulties are related to vestibular, proprioceptive and tactile processing which lead to difficulties with postural stability, bilateral integration and midline crossing. Dyspraxia is difficulties with ideation (ability to create a concept), motor planning (ability to organise and plan actions) and motor execution (is the ability to carry out the plan)³. Dyspraxia influences the ability to learn new tasks and activities.

Understanding your sensory regulation

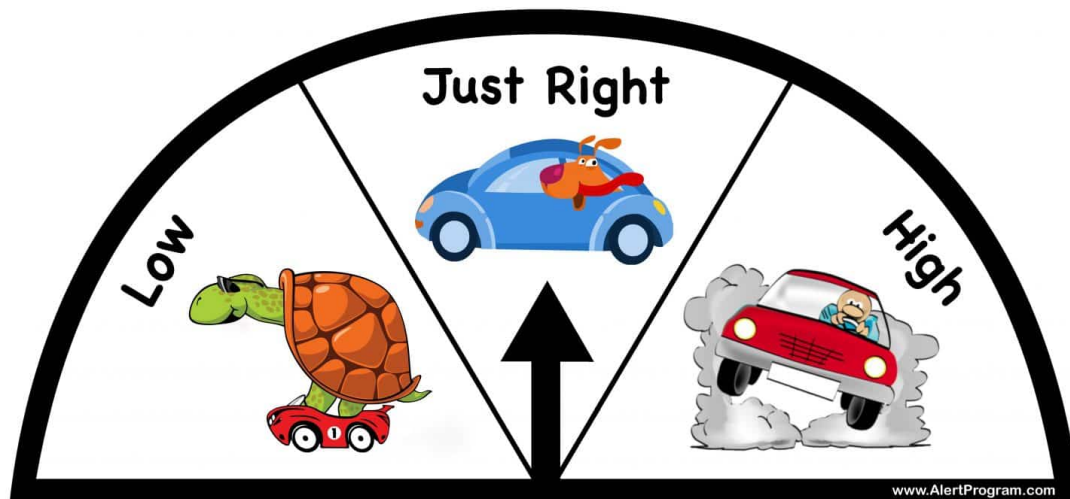


¹ C Brown, W Dunn, Adolescent/ Adult Sensory Profile User’s Manual, 2022

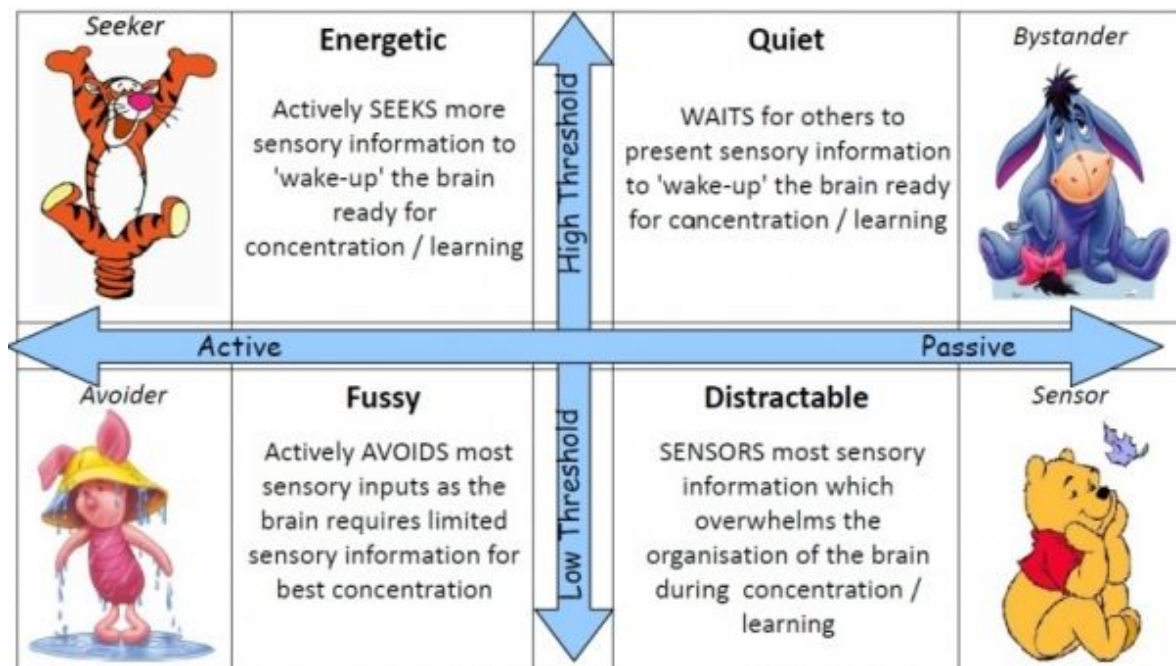
² L Parham et al, Sensory Processing Measure, 2nd Ed Manual, 2021

³ L Parham et al, Sensory Processing Measure, 2nd Ed Manual, 2021

Analogies to understand arousal level
Car/ engine



Winnie the Pooh



Based on literature from Winnie Dunn's book "Living Sensationally" published 2010.

Others- Zone of regulation, though this is more emotional regulation.

Strategies to help you regulate

Sense	Alert	Calm
Taste		
Smell		
Hear		
See		
Touch		
Move		