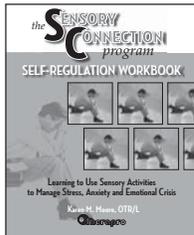


THE SENSORY CONNECTION PROGRAM BOOKS

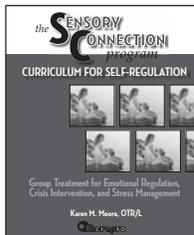


The activities in the Sensory Connection Program books can be adapted and interchanged easily for a wide range of purposes and settings. The books all feature a person-centered treatment approach that begins with self-awareness and then moves on to self-regulation and eventually to self-care. These books are all available through Therapro, Inc., www.therapro.com.

The Sensory Connection Program: Activities for Mental Health Treatment Manual and Handbook was designed for acute care mental health treatment of adolescents and adults. The program offers two group approaches. The first is the Sense-ability Group, designed for people with moderate to severe cognitive challenges and developmental disabilities (ACLS 3.8–4.8) and has even been adapted for use with young children. This group is ideal for use in geriatric care settings. The second is a *Coping Through the Senses Group*, which can be used as a sensory-based, insight-oriented skill-building group for people with intact cognitive skills (ACLS of 5.0 or higher). This book also features information on environmental support and adaptations to help with comfort and function. It contains extensive background information on the sensory systems and how they relate to self-regulation and provides many poignant case stories to help with understanding the power of sensory-based treatment.



The Sensory Connection Program: Self-Regulation Workbook is designed to help individuals explore sensory activities and learn about emotional regulation and stress management. The workbook allows the individual to keep a record of helpful strategies and responses and includes developing a personal crisis intervention plan. This workbook is best suited for individual treatment, partial hospitalization programs, and outpatient treatment programs. It requires a fairly high cognitive level (ACLS of 5.0 or higher). People with cognitive challenges will need support to complete these worksheets and to acquire needed supplies for exploration.



The Sensory Connection Program: Curriculum for Self-Regulation features a ten-session skill-building group program designed to be used for acute and long-term mental health care, behavioral programs, outpatient treatment, partial hospitalization programs, and substance abuse treatment programs. It can be used for people with a wide range of cognitive abilities (ACLS 4.2 and above), including those with mild cognitive challenges when support is provided. This self-regulation curriculum uses the mnemonic “Pause—Connect—Engage” as a way to short circuit impending crisis situations and to facilitate the use of our higher level stress response system. Group members “tune in” to physical and emotional responses and learn to make adjustments for comfort and function. They explore sensory preferences, identify helpful strategies for times of emotional upset, and learn to weave this information into plans for stress management and healthy living.