



Sensory Enrichment Therapy™
Certification Course

Roles of the Therapist



Roles of the Therapist

- The different roles you play as a Sensory Enrichment therapist:
 - Train the parents
 - Refine the therapy
 - Coordinate with other interventions
 - Motivational coach



Train the parents



Help parents with the exercises

- More benefits if they are comfortable and engaged
- E.g.: Gentle Claw and Smell
 - Back tickle
 - Hair brushed
 - Skin touched with an interesting texture
 - Gentle massage
- Reward system
- Including siblings or friends
- Consult with your Mendability support team for ideas



Explain the purposes behind the exercises

- Give them a demonstration of the protocols that is adapted to the age and interests of the therapy recipient
- Explain the purpose and benefits of each activity.
- When caregivers understand the impact of the simple games on brain development, then they are better able to do the therapy consistently and keep it a high priority.
- You are qualified to answer most of the parents' questions about the protocols.
- Access your support team when you have questions.



Guide them through the online tools

- Mendability's online tools to help parents be self-sufficient
- Walk your clients through the member portal
 - Questionnaires
 - Buddies
 - Goals
 - Progress graphs
 - Worksheet
 - Videos
 - Help and Forum



Refine the therapy



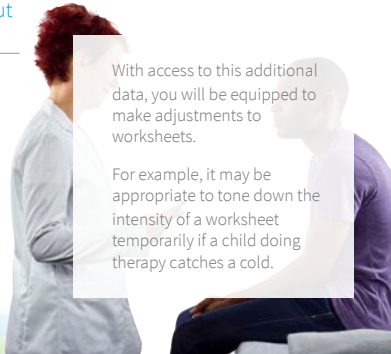
Review the parents' answers to the questionnaires

- Exceptional alterations when:
 - Parents may have misunderstood the purpose of some questions.
 - The questionnaire was inadequate to capture some information.
- Review the questionnaire and work with the client to modify their answers based on the additional information you have access to as a professional.



Additional information about the therapy recipient

- Additional test results
- Medical history
- Personal preferences
- Cultural dimensions
- Changes to routines
- Major life events
- Special exceptions



Coordinate with other interventions

- Sensory Enrichment Therapy™ was designed as a stand-alone therapy.
- Also shown in clinical trials to be very effective as an adjunct therapy program.
- Feel comfortable about coordinating with most standard care therapies.
- Consult with Mendability about compatibility concerns.



Coordinate with other interventions

- Please refer to the relevant medical professional regarding:
 - Medication
 - Nutrition
 - Psychology
 - Seizures
 - Suicide risk

Children who added Sensory Enrichment Therapy to their standard therapy programs (*Speech Therapy, Occupational Therapy, ABA, Physical Therapy*) were found to be **6 times more likely to achieve clinically significant gains in 6 months** than the children who did standard care only.



Motivational coach

Possibly your biggest role



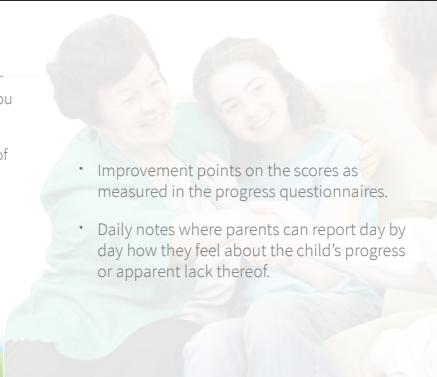
Motivational coach

- #1 success factor: ability to implement the therapy consistently
- Sensory Enrichment Therapy does not need to be followed exactly to be effective
- Even if a family can only do half the exercises once a day, and miss a couple days a week, as long as they keep going they will see many benefits



Hope and vision

- Clients need to know that you are confident
- Help them see the way out of many symptoms
 - Implanting this vision
 - Regularly reminding them
 - Their commitment and consistency will improve
 - Their likelihood for great success will improve
- Improvement points on the scores as measured in the progress questionnaires.
- Daily notes where parents can report day by day how they feel about the child's progress or apparent lack thereof.

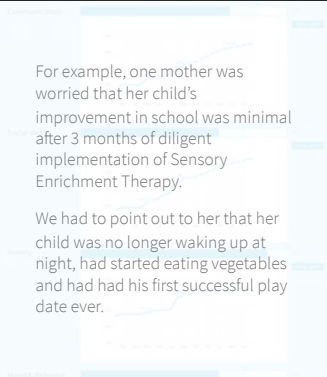


Identify progress where needed

- Help parents see how important some milestones are.
- Some parents can fixate on one area of performance that seems to not advance and take for granted progress in other areas.
- Daily notes are automatically forwarded to your email and can be crucial in helping you detect a client's concerns so that you can respond to those challenges in a timely manner.

For example, one mother was worried that her child's improvement in school was minimal after 3 months of diligent implementation of Sensory Enrichment Therapy.

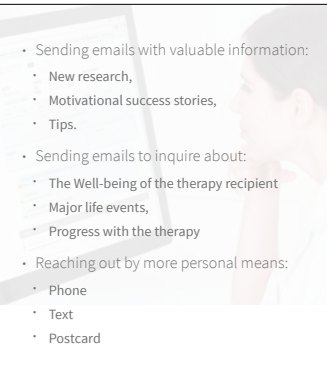
We had to point out to her that her child was no longer waking up at night, had started eating vegetables and had had his first successful play date ever.



Reach out proactively

- In some cases, you will need to proactively nurture the relationship in order to help the client take full advantage of the therapy program.
- At Mendability, we prefer not to let more than two weeks go by without some form of contact with our caregivers and clients.

- Sending emails with valuable information:
 - New research,
 - Motivational success stories,
 - Tips.
- Sending emails to inquire about:
 - The Well-being of the therapy recipient
 - Major life events,
 - Progress with the therapy
- Reaching out by more personal means:
 - Phone
 - Text
 - Postcard



Motivational theory

- Each client may be motivated by different factors and to varying degrees.
- Help your client feel encouraged and positive about their efforts.
- Find out if there are any roadblocks or challenges to their success.
- Help them find positive ways to overcome those challenges.
- Be creative and try to understand each person's needs.



Motivational theory

- Intrinsicly motivated
 - Driven on the inside by the accomplishment itself
 - When they have more factors under their control, more tools for themselves, and when they learn more to master the therapy
- Extrinsicly motivated
 - Look forward to results and outcomes
 - Healthier child
 - Better report card
 - Recognition
 - Compliments
 - Points
 - Discounts
 - Prizes



Motivational theory

- Personality types
 - Knowledge, truth, information, facts, etc.
 - Kindness, cooperation, feelings, etc.
 - Order, organization, rules, and checklists, etc.
 - Fun, competition, socializing, fashion, etc.



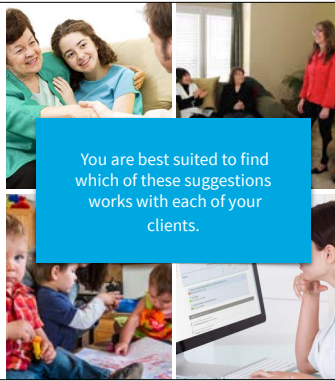
Motivational theory

- Needs
 - Acceptance
 - Learning
 - Food
 - Family to care for
 - Honor
 - Idealism
 - Independence
 - Order
 - Physical activity
 - Power and influence
 - Romance and beauty
 - Collecting and saving
 - Social contact
 - Social status
 - Tranquility
 - Vengeance



Techniques

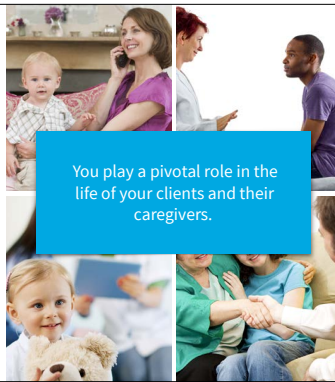
- Follow-up
- Togetherness
- Understanding
- Encouragement
- Hope
- Dedication



You are best suited to find which of these suggestions works with each of your clients.

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You play a pivotal role in the life of your clients and their caregivers.
