

Making Sense of Sensory: Understanding and Supporting SPD

Workshop Overview

Children with sensory processing difficulties may be labeled as dramatic, defiant, or distracted—but often they’re just trying to cope with overwhelming input. This workshop helps adults **see behavior through a sensory lens** and offers concrete, body-based strategies from the Thrive Method to reduce overload and support regulation, so children can feel calm, focused, and safe in their environment.

Who Should Attend?

- ✓ Occupational Therapists
 - ✓ Educators & School Staff
 - ✓ Mental Health & Allied Professionals
 - ✓ Parents & Caregivers of sensory-sensitive children
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What You’ll Learn

-  How to recognize sensory-seeking and sensory-avoiding behaviors
 -  Why some children overreact to noise, touch, or movement, and others do not at all.
 -  Practical tools to support sensory regulation in daily life
 -  Techniques to help children stay calm and organized in a classroom, home, or therapy.
 -  How to build understanding, not frustration, when a child is “acting out” due to sensory stress
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Workshop Details

-  Duration: Customizable (typically 2–6 hours)
-  Format: In-person or virtual
-  Email: info@thethrivegroup.co
-  Websites: www.thethrivegroup.co | www.otinyourpocket.com

 *Decode the sensory world—gain strategies to calm chaos, boost learning, and nurture nervous system balance.*