

Sensory Strategies: making sense of behaviour

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What to expect...

About Emma



Presentation:

- Sensory Processing
- Sensory Regulation
- Sensory Trauma
- Co-regulation



Question and Answer session



DSM-5 Criteria for Autism Spectrum Disorder

Currently, or by history, must meet criteria A, B, C, and D

A. Persistent deficits in social communication and social interaction across contexts, not accounted for by general developmental delays, and manifest by all 3 of the following:

- 1. Deficits in social-emotional reciprocity**
- 2. Deficits in nonverbal communicative behaviors used for social interaction**
- 3. Deficits in developing and maintaining relationships**

B. Restricted, repetitive patterns of behavior, interests, or activities as manifested by at least two of the following:

- 1. Stereotyped or repetitive speech, motor movements, or use of objects**
- 2. Excessive adherence to routines, ritualized patterns of verbal or nonverbal behavior, or excessive resistance to change**
- 3. Highly restricted, fixated interests that are abnormal in intensity or focus**
- 4. Hyper- or hypo-reactivity to sensory input or unusual interest in sensory aspects of environment;**

C. Symptoms must be present in early childhood (but may not become fully manifest until social demands exceed limited capacities)

D. Symptoms together limit and impair everyday functioning.



Auditory



Visual



Olfactory



Tactile



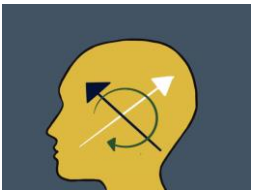
Gustatory



Interoceptive

Proprioceptive

Vestibular



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Sensory Regulation



Human beings need to be in a calm, alert state in order to have access to our capacity to learn, develop and get the most out of life - just like this wise owl. Sensory regulation is about getting the balance just right.



If we are busy, busy like this bee, we may need sensory input that will down-regulate us.

If we are lethargic like this sloth, we may need sensory input that will up-regulate us.

Sensory Trauma: Autism, sensory difference and the daily experience of fear

I highly recommend anyone who works in the field to give this paper not just one but several thoughtful read-throughs, and share this work widely with their colleagues. It might just spark a small revolution.
Neuroclastic.com

SENSORY TRAUMA

Autism, sensory difference
and the daily experience of fear .



Dr Rorie Fulson / Emma Reardon / Kate Richardson / Dr Rachel Jones



Inspired work

Reviewed in the United States on December 16, 2020
I'm actually autistic and I love this research so much I want to cuddle it! Eloquently expresses experiences that I have only ever discussed with other autistics who understood. This work could rock the autistic research world if everyone just listened to these perceptive researchers. Thank you so much!



Food for thought!

Reviewed in the United Kingdom on 21 October 2020
Great read, insightful perspective



Highlights the reality of sensory trauma.

Reviewed in the United Kingdom on January 22, 2021
Describes the daily lived experience of sensory trauma



The events experienced by Autistic people as painful, distressing or life threatening may not necessarily be the extreme events typically associated with trauma.

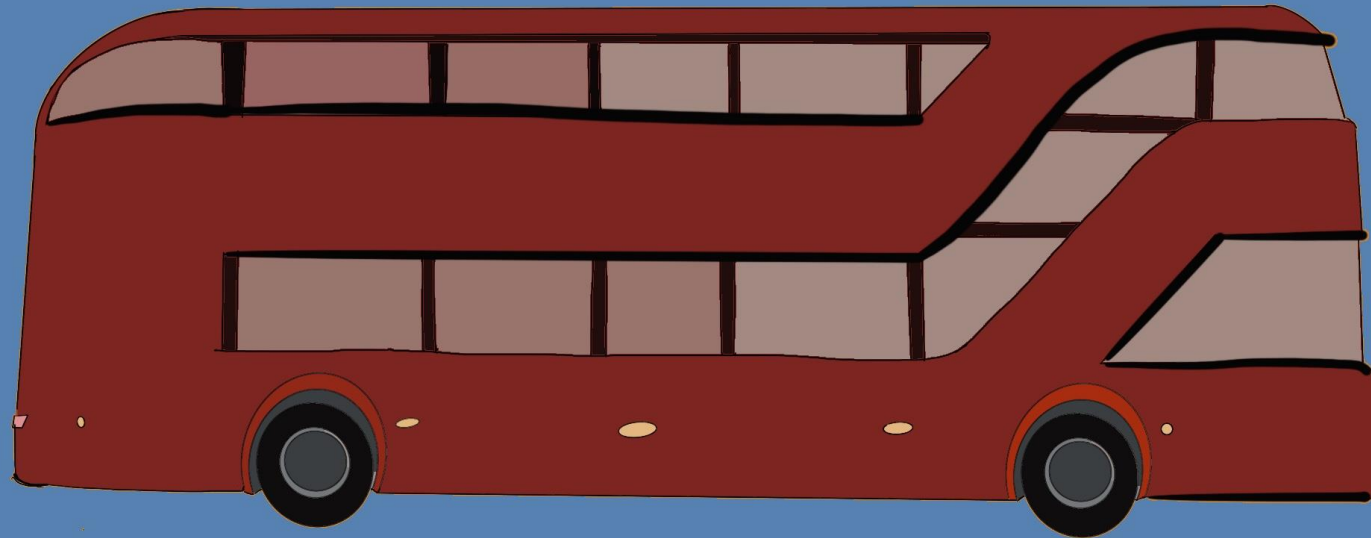
Sensory Trauma may arise from ordinary, everyday events, interactions and activities such as taking a shower, attending a meeting at work or going to the supermarket.



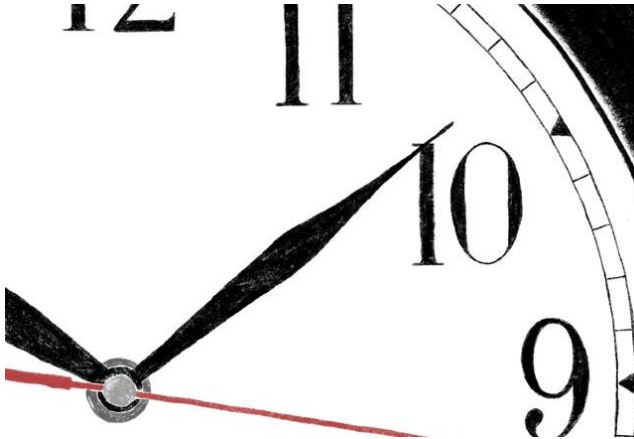
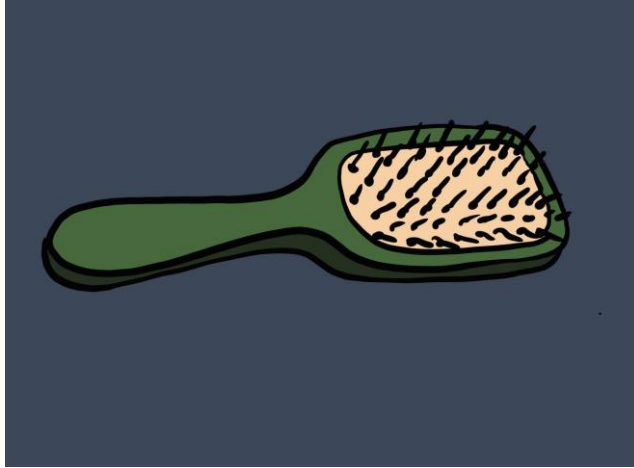
All of us live in unpredictable and everchanging environments. For Autistic people, the potential for Sensory Trauma may be there all the time.

This may mean that the Autistic person you are alongside does not feel safe in their everyday environments, whether at school, at work or in a care setting. They may be constantly alert and scanning their environment for potential threat.

Being physiologically activated in this way for sustained periods can affect the person's mental and physical health in both the short and long term.



Autistic people often spend their time in the company of other people and in busy environments. This means there may be frequent occasions for them to experience Sensory Trauma, for example whilst moving around a busy school environment, working in an office under fluorescent lighting or dealing with the smell of traffic fumes in town.



The frequency and ordinariness of events that may give rise to Sensory Trauma mean that such events might occur at any time and in any place over the course of the day.

In this way, the day-to-day lives of Autistic people are permeated by the expectation, anticipation, experience and effects of Sensory Trauma.

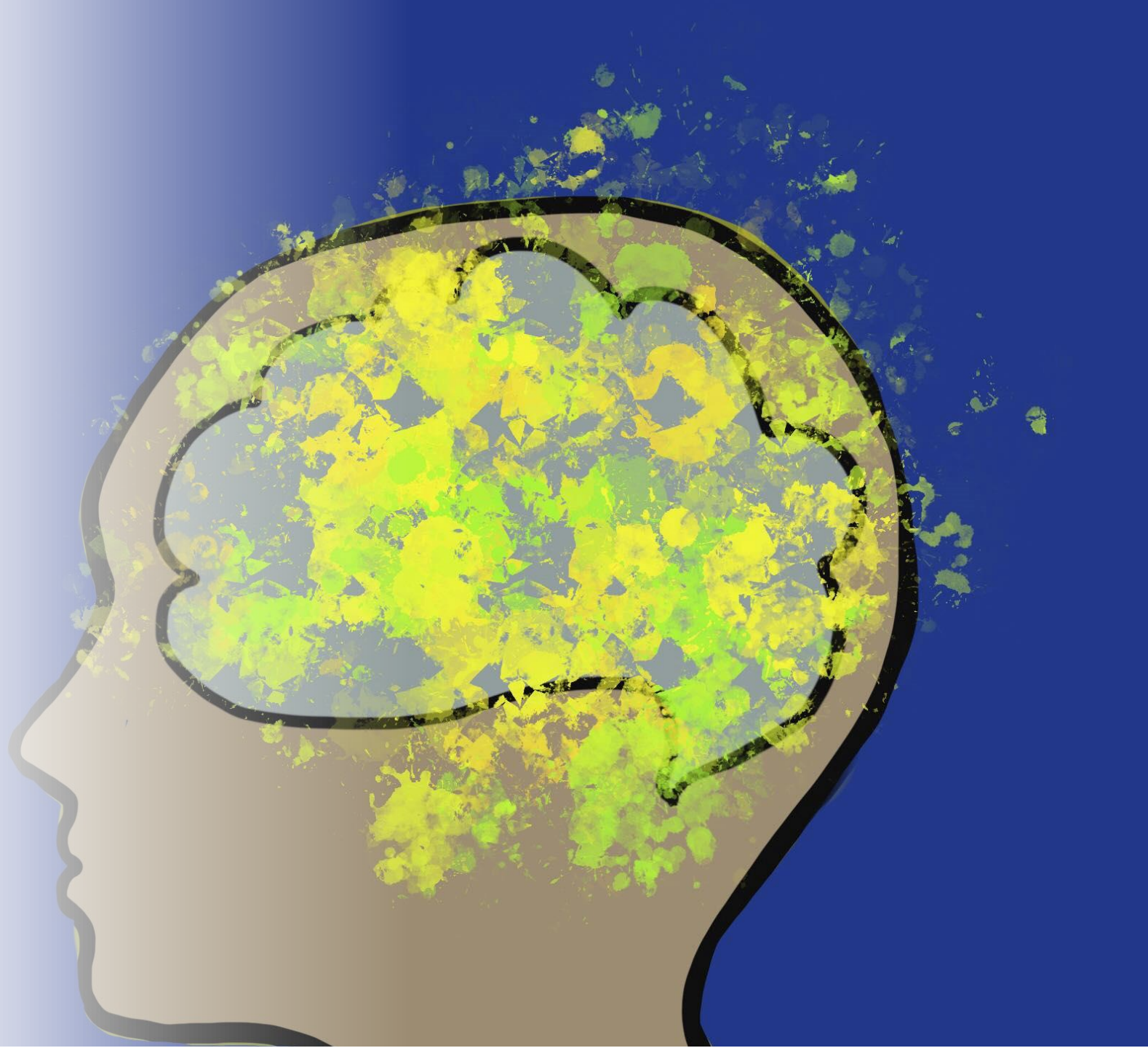


An event that causes an Autistic person to experience Sensory Trauma may be construed as harmless or inconsequential by non-autistic people in the same environment, assuming, that is, they were aware of the event having occurred at all.




When an autistic person experiences the pain and distress of Sensory Trauma, their response is not due to an inability to cope nor is it an over-reaction or evidence of their hypersensitivity.

Rather, their response is directly proportionate to their experience.



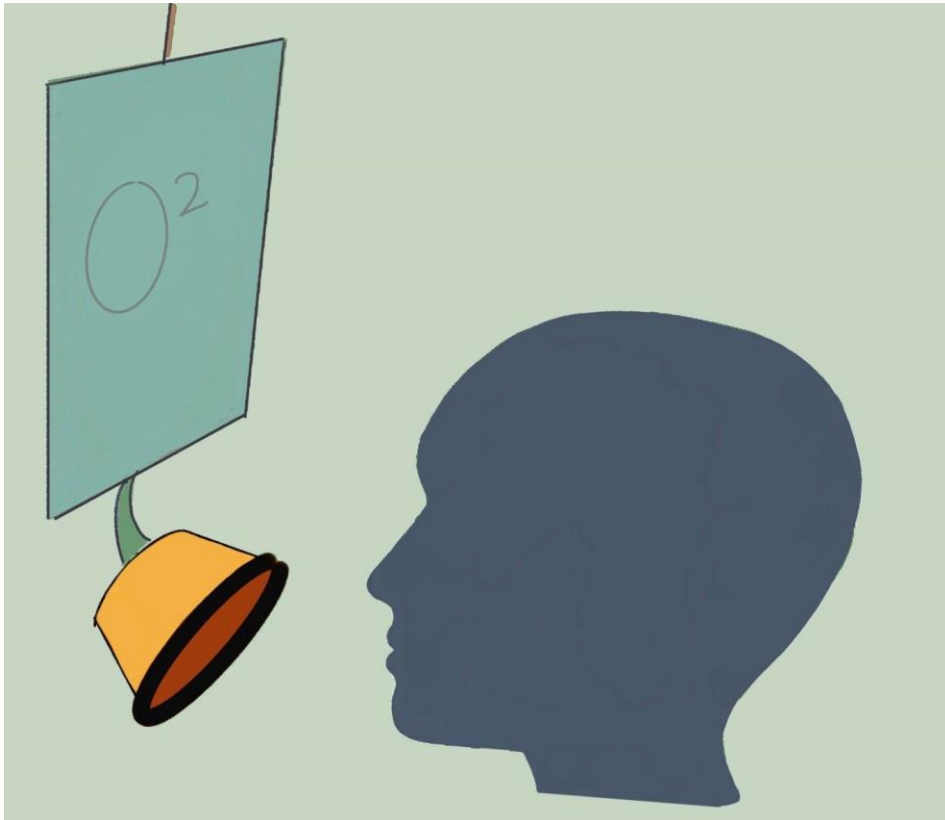




Fight?
Flight?
Freeze?



Co-regulation



Co-regulation is the reciprocal sending and receiving of signals of safety - a connection between two nervous systems, each nourishing and regulating the other.

In all types of relationship – familial, educational, therapeutic – co-regulation helps each person to maintain more effective self-regulation.

In order to effectively co-regulate with others, it is essential that we ourselves are regulated.

Thank You!



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