

Understanding our Proximal Senses: Tactile: Vestibular: Proprioception: Interoception

EXPRESSIONS OF INTEREST SOUGHT

3 Days – SYDNEY or MELBOURNE

Semester 2, 2024

Sensory processing refers to the ability of our nervous system to receive, organise and understand sensory input. It assists us to figure out how to respond to environmental demands based on sensory information from our environment (ie auditory and/or visual input) and from our bodies (ie touch, movement receptors). Difficulty occurs when sensory input poorly detected, modulated, or interpreted, impacting occupational performance.

The **proximal** sensory systems provide a constant spatial map of the body and the objects which come in contact with it. We use this map to plan actions and generate responses to things and people in our contexts. The functional impact for people may be experienced as difficulties with participation in aspects of daily living, academic achievement, behaviour or social participation. Our proximal senses include:

- **Tactile** (touch)
- **Vestibular** (head position and movement)
- **Proprioception** (joint and muscle activation)
- **Interoception** (internal sensations)

At the end of this workshop, participants will be able to identify aspects of inefficient sensory processing which involves poor registration of proximal (“body”) sensory inputs and use sensory processing, neuroscience and occupational performance theory to explain these disorders. Participants will also be able to begin to design strategic interventions using both cognitive and sensory based approaches to support participation across tasks and environments.

Workshop Aims/objectives – workshop participants will gain an understating of:

- Structure and function of the proximal senses (ie tactile, vestibular, proprioception, interoception)
- Methods to assess sensory information processing from the proximal senses, and understand their impact on occupational performance within everyday life
- Use an occupational performance framework to understand the strengths and challenges which children experience as they participate in daily occupations which require the efficient and effective processing of proximal sense information
- Design strategic interventions that provide tools for children/teens to develop their sensory processing capabilities and enhance their participation across environments

This three day workshop is suitable for occupational therapists.

Videoconferencing/Online Format

Zi Mei Events is committed to provide high quality professional development, opportunities for participants. Due to the content and multi-day format of this workshop we have decided that a face to face presentation is the best option for this particular workshop. Unfortunately the ability to link to this workshop via an online format or to record this workshop is NOT an option

About the Presenter



Associate Professor Chris Chapparo PhD, MA, DipOT

Dr Chapparo is widely recognised on an international level for her contributions to occupational therapy through teaching, research and community service activities. Dr Chapparo has co-authored the Occupational Performance Model (Australia). Dr Chapparo has interests in cognition, management of sensory/ motor problems in children and adults and occupational therapy theory.

Dr Chapparo is a founding member of Sensory Integration International and the Australian SI Faculty and she is a neurodevelopmental therapy instructor. Her research interests lie in the areas of children's information processing and social participation.

Expressions of Interest for this workshop are now being sought – please email info@zimei.com.au to express your interest. Further workshop enquiries can be directed to Zi Mei Events on info@zimei.com.au or (07) 3847 8375