

Understanding our Proximal Senses:

Tactile: Vestibular: Proprioception: Interoception

Wednesday 18th – Friday 20th February 2026

Victoria Park Function Centre Herston Rd, Herston – BRISBANE

9:00am – 4:30pm

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). Sensory processing difficulties can arise when sensory input either from the environment or from one's body is poorly detected, modulated, or interpreted and/or to which atypical responses are observed.

Your **proximal** sensory systems give you information about your body, providing a constant spatial map of our 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 individuals that experience difficulties with regulating and responding to these "body senses" can affect activities 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 sensory processing disorder that involves poor registration of proximal ("body") sense inputs and use sensory processing theory to explain these disorders. Participants will also be able 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 understanding of:

- Description 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.

Registrations for this workshop are now open on our website www.zimei.com.au Further workshop enquiries can be directed to Zi Mei Events on info@zimei.com.au or (07) 3358 3689.