



engaging your senses

presents

**GILLIAN GRIFFITHS, OCCUPATIONAL THERAPIST**

**MELBOURNE** **Making SENSE of the Senses - 3 Day Workshop 11th-13th July 2018**  
Telstra Conference Centre,  
242 Exhibition St,  
Melbourne, VIC

**SYDNEY** **TOGETHER WITH DR DENISE STAPLETON, ACCREDITED PRACTISING DIETITIAN**  
**Making SENSE of Mealtimes - 2 Day Workshop 31st October & 1st November 2018**  
**SENSE-ational Mealtimes Clinical Practice Day**  
**1 Day Workshop 2nd November 2018**  
John B Reid Theatre,  
AGSM Building, UNSW, Botany St,  
Kensington, NSW

**BRISBANE** **Making SENSE of the Senses - 3 Day Workshop 7-9th January 2019**  
**SENSE-ational Clinical Practice Day**  
**1 Day Workshop 11th January 2019**  
Edwin M Tooth Auditorium,  
RBWH Education Centre, RBWH,  
Herston, QLD

*Are you wondering how you can navigate through the complexity of your client's sensory world?*

*Do you want to expand your toolbox to be able to support families to meet their goals and sometimes feel like you don't know how or where to start?*

*Are you serving families who present with many complex concerns and need a transdisciplinary, practical, and evidence-based approach?*

*Do you need an effective way of engaging with families in a resource savvy way?*

*Then these workshops are for you and your team!*

Relevant, powerful and crucial information facilitated in an insightful, organised way. Get up to date with the latest evidence and science and how to put it into practice.



Engaging Your Senses • Contact: [shannon@engagingyoursenses.com.au](mailto:shannon@engagingyoursenses.com.au) • ABN: 11131909503

[www.facebook.com/EngagingYourSenses](https://www.facebook.com/EngagingYourSenses)



## Making SENSE of the Senses (MSOS) - Gillian Griffiths

This workshop will present professionals with the theoretical and practical considerations of the "Sensations of Everyday Life" in a family partnership model.

Participants will leave with a comprehensive understanding of sensory processing;

- how it impacts behaviour, relationships and everyday activities
- how to explain it to others and report on it
- how to use, interpret and get the best out of the Sensory Profile
- a therapeutic framework and toolbox with a range of functional intervention possibilities.

<p><b>DAY 1</b></p> <p><b>MELBOURNE</b> 11th July 2018</p> <p><b>BRISBANE</b> 7th January 2019</p>	<p>Foundation</p>	<ul style="list-style-type: none"> <li>• Sensory Processing – the evidence, conceptual model and application to practice.</li> <li>• Our SENSE-ational Brain – neurology/evidence, how to share it in a family friendly way.</li> <li>• Integrating theory and research on sensory processing, attachment, trauma, stress, pain, self-regulation and daily routines of families.</li> <li>• Exploring our sensory processing as professionals and how it impacts others.</li> <li>• Reading cues and making sense of behaviour – how to apply the evidence functionally.</li> <li>• Helpful Prevention – how to build capacity within and across services.</li> </ul>
<p><b>DAY 2</b></p> <p><b>MELBOURNE</b> 12th July 2018</p> <p><b>BRISBANE</b> 8th January 2019</p>	<p>Assessment</p>	<ul style="list-style-type: none"> <li>• Meaningful and Holistic Sensory Processing Assessment (transdisciplinary team and family partnership approach).</li> <li>• How to use the Winnie Dunn - Sensory Profiles, making sense of the items.</li> <li>• Scoring the Profiles – how to meaningfully score and interpret the information.</li> <li>• Getting the best out of the Sensory Profiles, integrating information with family/school/daycare systems, relationships, surroundings, routines, hotspots, trauma, medical histories, and other developmental components or concerns.</li> <li>• Practice with the Profiles – speed processing, application to intervention, case study practice across clinical areas (infant mental health, community health, education, disability, inpatient acute hospital and family systems (including adolescents/adults).</li> </ul>





<p><b>DAY 3</b></p> <p><b>MELBOURNE</b> 13th July 2018</p> <p><b>BRISBANE</b> 9th January 2019</p>	<p>Intervention</p>	<ul style="list-style-type: none"> <li>☘ SENSE-itive Caregiving – understanding and integrating sensory processing with attachment and emotion regulation theories.</li> <li>☘ Functional and family partnership interventions for home, daycare, school, hospitals, community etc.</li> <li>☘ Developing therapeutic toolboxes and clinical reasoning.</li> <li>☘ Practice – apply to current caseloads and case studies (bring your tricky cases for this!).</li> </ul>
<p><b>SENSE-ATIONAL CLINICAL PRACTICE DAY</b></p> <p><b>BRISBANE ONLY</b> 11th January 2019</p>	<p>Clinical case examples and practice</p>	<p>For those who have a sound knowledge of the MSOS or MSOM framework and who want more in-depth clinical case practice. Through a variety of clinical examples across the age span, we will explore more advanced sensory processing concepts and complex case and family presentations.</p>

## Price

<p>Clinical Practice Day OR MSOS Day 1 Only</p>	<p>\$280</p>	<p><i>*\$220 if attended MSOS or MSOM previously</i></p>
<p>MSOS Day 1 and 3 Only</p>	<p>\$560</p>	<p><i>*May suit professionals NOT wanting in-depth training in Sensory Processing Assessment and using tools such as the sensory profile.</i></p>
<p>Full MSOS Day 1, 2 &amp; 3</p>	<p>\$695</p>	
<p>Full MSOS Day 1, 2 &amp; 3 and Clinical Practice Day</p>	<p>\$800</p>	

Includes sumptuous morning and afternoon tea, participant handouts and extensive resource package.





## Making Sense of MEALTIMES (MSOM) - Gillian Griffiths and Dr Denise Stapleton

This workshop will explore how neuroscience, sensory processing, attachment theory, trauma, pain and stress impact family interactions, nutritional intake and behaviour in infants and children during mealtimes. You will experience “therapeutic

processes” throughout the workshop (including a demonstration of the “Mealtimes Matter” Parent Group) and will be equipped with extensive resources to make a meaningful difference to the everyday lives of families.

<p><b>DAY 1</b></p> <p><b>SYDNEY</b> 31st October 2018</p>	<p>Foundation and Assessment</p>	<ul style="list-style-type: none"> <li>☁ The making SENSE of Mealtimes Framework - a simple, holistic framework to support your clinical reasoning, which can be used practically when serving families with mealtime difficulties.</li> <li>☁ Sharing the evidence and exploring how to use it functionally and meaningfully in your practice             <ul style="list-style-type: none"> <li>- Authentic and natural surroundings</li> <li>- Relationship-based approaches</li> <li>- Neuroscience - impact of trauma, stress and pain</li> <li>- Sensory processing and self regulation</li> <li>- Strengths based practice.</li> </ul> </li> <li>☁ Sensory processing at mealtimes - understanding how ALL senses shape how we feel, behave and think.</li> <li>☁ Understanding the impact of neurology, attachment, co-regulation and early trauma on mealtime experiences; and using our SENSE-ational brain map in a family-friendly way.</li> <li>☁ Making SENSE of Mealtimes Assessment.</li> <li>☁ Understanding sensory preferences so mealtime harmony and nutritional goals can be achieved.</li> </ul>
<p><b>DAY 2</b></p> <p><b>SYDNEY</b> 1st November 2018</p>	<p>Intervention and Parent Group Process</p>	<ul style="list-style-type: none"> <li>☁ Setting realistic, achievable and measurable mealtime goals with families.</li> <li>☁ Exploring and using SENSE-ational Mealtimes Interventions             <ul style="list-style-type: none"> <li>- SENSE-ational Surroundings and Interactions</li> <li>- Stretching food preferences and creating safe “new” memories</li> <li>- Dispelling the ‘myths’, and answering FAQ such as “How do I know if my child is eating enough...or enough of the right foods”</li> <li>- Family mealtimes and recipes for all</li> <li>- SENSE-ational Snacks</li> <li>- SENSE-ational Replacement</li> </ul> </li> </ul>





<p><b>DAY 2 (CONTINUED)</b></p>		<ul style="list-style-type: none"> <li>☁ Mealtimes Matter Parent Group - We will facilitate this group process for everyone to participate in and practice. The MM Group is a facilitated group-based program that nurtures caregivers' ability to attune, reflect, empathise and participate in a joint problem solving process. The group enables parents to understand how they can explore their child's unique preferences and needs, and then develop and present challenges that are 'just right' for stretching the range of food that their child accepts and enjoys.</li> <li>☁ Developing therapeutic toolboxes and clinical reasoning skills through case study reflections and practice.</li> <li>☁ Meaningful documentation and reporting.</li> </ul>
<p><b>SENSE-ATIONAL MEALTIMES CLINICAL PRACTICE DAY</b></p> <p><b>SYDNEY</b> 2nd November 2018</p>	<p>Clinical case examples and practice</p>	<p>For clinicians who have a sound understanding of the MSOS / MSOM / SENSE-ational Mealtimes approach and experience working with children and families with mealtime difficulties and who would like more in-depth clinical case study practice. Through a variety of clinical examples, we will explore more advanced sensory processing and mealtime concepts and complex client presentations.</p>

## Price

MSOM Day 1 & 2	\$560	
MSOM Day 1 & 2 and Clinical Practice Day	\$695	
Clinical Practice Day only	\$280	*\$220 if attended MSOS or MSOM previously

Includes sumptuous morning and afternoon tea, participant handouts and extensive resource package.





## Resource Package:

All workshop participants will be provided with a comprehensive participant workshop manual and an extensive range of evidence-based resources to use with clients including

- ☁️ copies of clinician and parent resources demonstrated throughout workshop
- ☁️ Sense-ational Mealtimes Reflective Questionnaire assessment tool
- ☁️ journal articles and resources to support ongoing learning

### Full MSOM and MSOS workshop participants also receive:

- ☁️ copy of the book: "SENSE-ational Mealtimes!" by Gillian and Denise
- ☁️ "Mealtimes Matter" Parent Group Facilitator Package, including group presentation slides, handouts and facilitator notes.

If you are attending the Clinical Practice Day only or would simply like to purchase additional copies of

the "SENSE-ational Mealtimes!" book you can do so when registering and these can be collected at the workshop OR you can pre-purchase and receive by post via [www.sense-ationalmealtimes.com.au](http://www.sense-ationalmealtimes.com.au)

You will need to be familiar with the book to participate fully in the workshop.

## Who Should Attend?

These workshops are designed for health, education and care giving professionals including Dietitians, Speech Pathologists, Occupational Therapists, Child Health Nurses, Acute Care Nurses, Clinical Psychologists, Social Workers, Physiotherapists, Paediatricians, GP's, Aboriginal Health Workers and Teachers. Educational Assistants, Childcare and other Caregiving Professionals will also benefit particularly from the Day One/Foundation days.

These workshops intend to have an inter/transdisciplinary team focus and we encourage you to come together with your peers.

Learn how to meaningfully score and interpret the *Sensory Profile* and expand your toolbox of everyday & family partnership interventions.

Gain a *simple, holistic framework* to support your clinical reasoning and guide you through the challenging and complex factors impacting the children and families you work with.

Experience the approach in person as Gillian, and Denise demonstrate their skills throughout the workshops. Be inspired by their energy, empathy and journey.





## About The Presenters:

**Gillian Griffiths** (nee Fowler) is an Occupational Therapist with 19 years experience as a senior practitioner, program manager, consultant and facilitator of professional development and caregiver programs. Gillian has extensive training from the USA and Australia in Sensory Processing; Infant Mental Health; Family Partnerships; Circle of Security; DIR/ Floortime; the SOS Approach to Feeding; and Trauma Informed Care. Gillian uses this vast experience and a broad range of evidence to make SENSE of complex behaviours/sensory and mealtime challenges. Gillian is co-director of Engaging Your Senses. She passionately supports teams and professionals across Australia and internationally to provide effective, holistic services for the whole family.

**Dr Denise Stapleton** is an Accredited Practising Dietitian and Nutritionist with 30 years experience in nutrition and research. Denise passionately supports families with varying mealtime difficulties and therapeutic dietary needs throughout Australia as a private practitioner, senior community dietitian, researcher, author and mentor. Denise has training in Making SENSE of the Senses (MSOS), and Picky Eaters vs Problem Feeders: The Sequential Oral Sensory (SOS) Approach to Feeding. Denise collaborates nationally and internationally with professionals from a wide range of backgrounds who are supporting families with mealtime difficulties. Denise worked for many years as a paediatric dietitian in a children's hospital and she contributed significantly to national nutritional care guidelines for children with various conditions. During this time, Denise received numerous awards, grants and a PhD for her initiatives in the cystic fibrosis community and pancreatic enzyme replacement therapy.

When Denise joined with Gillian, they began anticipating new possibilities that their combined expertise would bring to families with mealtime difficulties.

## Booking Information:

Registration and Credit Card payment facilities are available at the following links (or via [www.trybooking.com](http://www.trybooking.com)).

MSOS Melbourne <https://www.trybooking.com/USZ>

MSOM Sydney <https://www.trybooking.com/UZYC>

MSOS Brisbane <https://www.trybooking.com/UXIT>

If your workplace can only pay via Electronic Funds Transfer, please complete registration and booking process online via the try booking link and use Payment Code "EFT" in the Payment Section. You will be emailed a Tax Invoice for your records with EFT Instructions.

We cannot save places so get in quick! The booking page is live and will only accept registrations if places are still available :)

**Contact:** Shannon Downey  
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**T:** Shannon on +65 9001 9511 (Singapore mobile or Free Call with FaceTime Audio or WhatsApp)  
or Gillian on +61 417 980 334.

We look forward to seeing you there!

Are you feeling stuck in a "reactive" system of having to have the answers or "quick" solutions? This workshop hopes to ignite reflective energy, to pause and wonder together and create new pathways forward.

