

## **Sensory Modulation: simplicity and complexity**

Many people have difficulty regulating their neural response to their sensory environment, particularly those who have faced adverse childhood experiences. Sensory modulation is an evidence based approach that provides simple and complex strategies to both cope with distress and anxiety, and to support people to participate in meaningful activity and life roles. Participants in this workshop will gain an understanding of why they should consider this person-centred approach, how it fits alongside current treatments and therapies, and the active role whanau and supports can play in creating a safe environment for their loved one.