

The Relationship Between Sensory Processing and Anxiety

Since 1997, Anxiety has been recognized as the most common disorder of youth. If a child is too stressed, he can't interact successfully with his environment and struggles to learn well. Issues of stress and anxiety are closely connected to sensory processing abilities. Sensory processing is the way in which the brain receives, organizes, filters and interprets information from the world. When there are sensory processing issues, internal stress is increased and external stress easily overwhelms the child's nervous system. This results in decreased ability to manage behavior, difficulty learning new information (coping skills/ stress management techniques), and decreased ability to interact effectively in relationships.

This in-service will explore the relationship between these two powerful forces in a child's life. Topics discussed will include therapeutic activities and approaches that address both anxiety issues and sensory processing abilities and providing the child with supports that can allow him to successfully live life to the fullest.

After completing this training, participants will be able to:

- Identify behaviors that indicate anxiety and stress;
- Identify sensory processing issues and behaviors that are indicative of sensory processing difficulty; AND
- Understand and be able to integrate therapeutic activities and approaches that target both anxiety and sensory processing skills.

Friday, June 26, 2009

1:00 p.m. – 5:00 p.m.

Fee \$40.00 (payable at the door)*

Presented by: Amy Vaughan, OTR/L

Registration required.

The Professional Series provides an educational experience uniquely designed to enrich both your personal and professional life. Led by highly qualified instructors, these classes are structured to provoke thought, explore potential, develop skills, stimulate growth, and promote understanding. The instructors utilize various teaching techniques and aids. Learning takes place in a relaxed, informal atmosphere. UNLESS OTHERWISE NOTED IN THE ANNOUNCEMENT, all classes meet at Burrell Behavioral Health, 1300 Bradford Parkway, in Springfield, Missouri - Children's Center Theater.

Burrell Behavioral Health is approved by the American Psychological Association to sponsor continuing education for psychologists. Burrell maintains responsibility for the programs and their contents.

To register for any classes, or if you have any questions regarding the educational offerings available at Burrell Behavioral Health, contact our Education and Training Department at (417) 269-7288.

*Attendance fee is waived for all Burrell/Cox employees with proper identification. Students with proper identification will receive a 50% discount.