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## Educational Modules Promoting Neurodiversity-Affirming Sensory Interventions

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# Educational Modules Promoting Neurodiversity-Affirming Sensory Interventions

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## BACKGROUND

Neurodivergent children often experience differences in sensory processing and self-regulation (Dallman et al., 2022). Traditional interventions used to address dysregulation:

- **Behavior-based interventions**
  - View autistic traits as pathological
  - Goal: the child is “no longer” or “less” autistic (Leadbitter et al., 2021)
- **Sensory-based interventions**
  - Strengths-based
  - Supports desire for self-regulation and self-advocacy (Miller et al., 2020)
  - Not always neurodiversity-affirming

### The guiding principles of neurodiversity:

- Preservation of human dignity, autonomy, and self-determination (Dallman et al., 2022)

To apply to practice, OTP require additional educational resources in order to create neurodiversity-affirming sensory interventions.

## PROBLEM

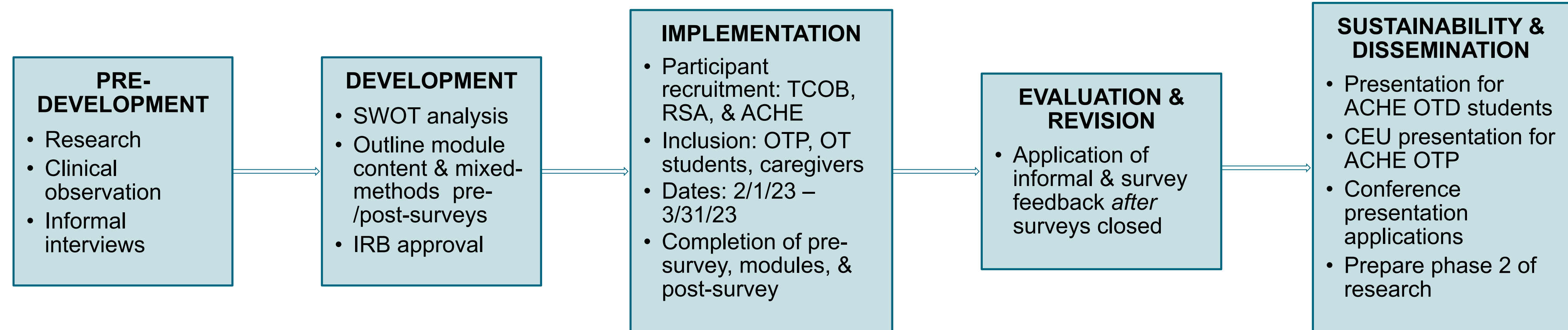
Occupational therapy practitioners lack educational resources for caregivers that promote self-regulation through neurodiversity-affirming sensory interventions.

## PURPOSE

The purpose of this project was to generate a resource for OTP that promotes strategies for improving self-regulation through neurodiversity-affirming sensory interventions that can be utilized to educate caregivers of neurodivergent children.

## METHODS

The project was completed over a 16-week period and organized in the following phases.



## RESULTS

### Module Outline

#### Module I: Neurodiversity

- Introducing Sam: A Case-Study
- What is Neurodiversity
- Principles of Neurodiversity
- Views of Disability
- The Double Empathy Problem

#### Module II: Sensory Processing & Self-Regulation

- Basic overview of Sensory Systems
- Interoception & Alexithymia
- Monotropism
- Identifying Regulation vs. Dysregulation
- Meltdowns, Shutdowns, & Burnout

#### Module III: Neurodiversity-Affirming Interventions

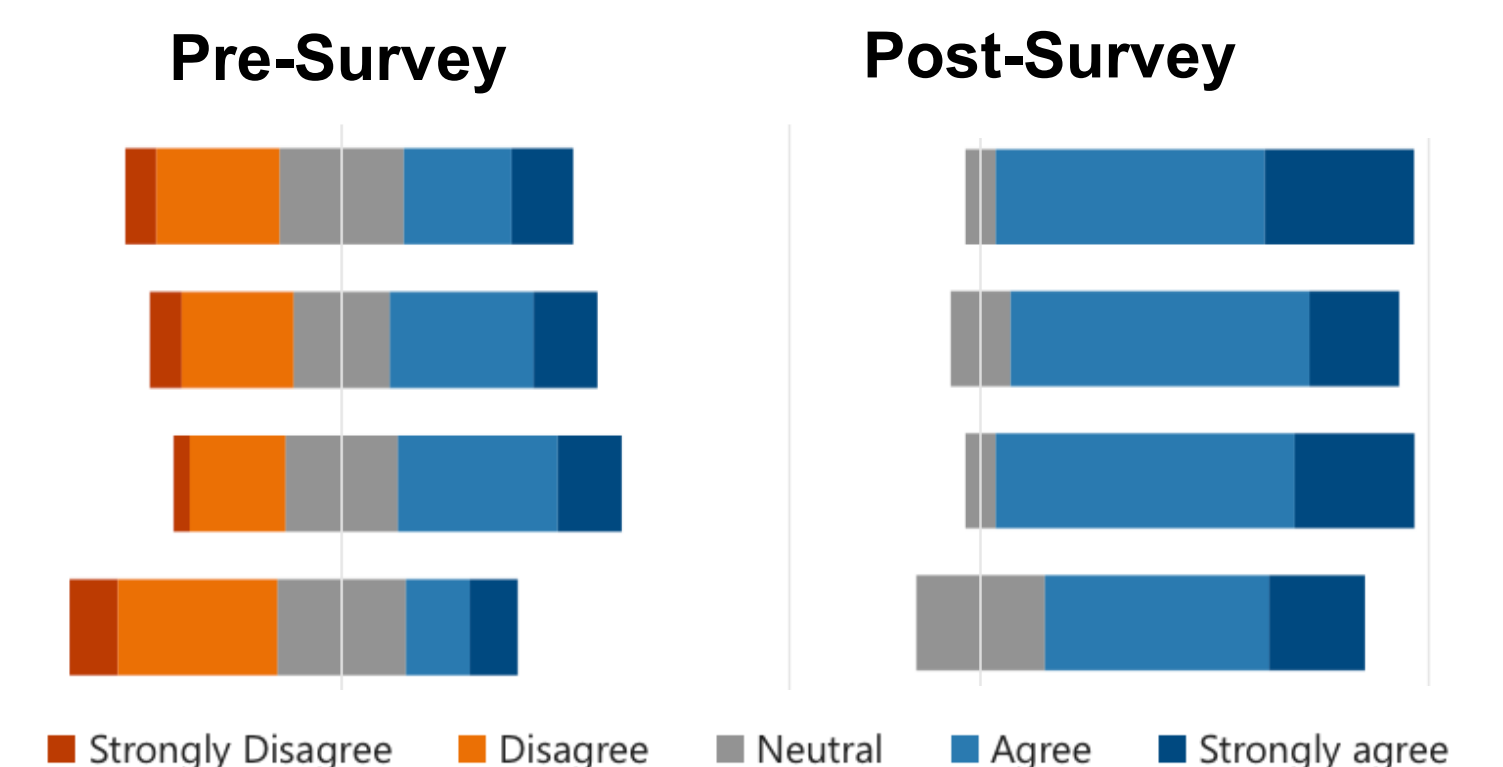
- Traditional Recommendations
- Effects of Behavior Interventions
- Neurodivergent Perspectives
- Neurodiversity-Affirming Interventions
- Neurodiversity-Affirming Sensory Intervention Starting Blocks

### Survey Results

Role	Caregiver	OTP	OT student
Pre-Survey n=29	15	5	9
Post-Survey n=15	9	0	6

### I feel confident in my ability to explain:

Neurodiversity principles  
Sensory processing differences  
Self-regulation  
Neurodivergent sensory experiences



## REFERENCES



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