

Sensory courses, resources and support to create a better awareness and understanding of the Sensory Processing Disorder.



**Sensory Spectacle**  
[www.sensorspectacle.co.uk](http://www.sensorspectacle.co.uk)

## A conference helping us to understand how we feel

When I am out with my family eating in a restaurant,



if it is really noisy I find it difficult to know when I am full.

Thursday 12th March we are arranging a conference where research and practice will come together to help answer some of your questions which may be popping up relating to our internal sense - Interoception.

**Book your place today** – [www.sensorspectacle.co.uk/interoception](http://www.sensorspectacle.co.uk/interoception)

The day will provide researchers, professionals, carers & parents with information explaining what exactly this sensory system is. We will have lectures from some leading researchers in the area as well as practitioners in Occupational Therapy and SEN. Merging how research is put into practice is so important for us all to learn from and to continue to improve the services and the care we provide.

### Presenting at the conference are

- Dr Jamie Galpin - The Bridge School, London - **It's what on the inside that counts – getting in to interoception**
- Professor Manos Tsakiris - Royal Holloway, UoL - **Being you, with a body in mind**
- Dr Liz Shea - Birmingham Food refusal service - **Food refusal**
- Jyoti Jo Manuel - Special Yoga - **how yoga can support our internal awareness**
- Becky Lyddon - Sensory Spectacle founder – **how we recognise these sensory characteristics and behaviours**
- Dr Jamie Galpin - The Bridge School, London - **Emotional regulation**

**Thursday 12th March**  
**The Bridge school, London, N7 9LD**  
**9 - 5pm**

**£195 The day includes lunch and refreshments. (Parents please email us to book at a reduced rate)**

**Aimed at Teachers, SENCO, Therapists, Care staff, Parents, Researchers, Students, and anyone looking to understand Interoception further.**