

**Forthcoming Courses in March 2020  
from Sensory Spectacle**



**'Understanding how we feel - Interoception' Emotional  
regulation & food refusal  
Thursday, 12 March at The Bridge School, London**

Join **Sensory Spectacle** (<http://www.sensoryspectacle.co.uk>) in **London** on **12 March** and learn about how autistic people can find it **difficult to regulate motions, recognise hunger and thirst** as well as other **internal body sensations and responsive behaviours**

I am happy to book two or more people for £150pp (rather than £195pp). For this I will need to be emailed to book - [hello@sensoryspectacle.co.uk](mailto:hello@sensoryspectacle.co.uk).

**Course Details**

**'Understanding how we feel - Interoception' Emotional regulation & food refusal  
Thursday 12 March**

Learn in depth about Interoception, emotional regulation, food refusal & yoga techniques.

**The Bridge School, London**

9 am - 5 pm

**Book today for just £150pp with this booking form for 2 or more people** (send an email to [hello@sensoryspectacle.co.uk](mailto:hello@sensoryspectacle.co.uk) to book)

**Online price £195pp**

The day is aimed at all professionals in care (therapists, carers, social teams, health professionals, education professionals (special settings and mainstream, etc.) as well as parents, family members and carers.

As you can imagine, and are probably aware of in your professions, these difficulties can hugely impact someone's ability to concentrate, focus and understand the world around them as well as, most importantly, be difficult for them to understand their own bodies. This all relates to our Interoceptive sense which is referred to now as our 8th sensory system!

At our conference hear from leading researchers & practitioners teaching you more about this sensory system and how we can support our children and adults whom we care for better.

I look forward to welcoming you to this special workshop.

**Becky Lyddon, Sensory Spectacle Founder, E-mail: [hello@sensoryspectacle.co.uk](mailto:hello@sensoryspectacle.co.uk)**

## **Three Further Workshops Focusing on Sensory Processing Difficulties to be held in London in March.**

**For these workshops, you can book online here:**  
<https://www.sensoryspectacle.co.uk/pre-planned-booking>

**19th March - FEEL IT workshop** - this is the one you came on before about recognising and understanding the importance in sensory processing and how to support needs. **Wembley, London £85pp 9.45am - 3pm.**

**20th March - DO IT workshop** - continuing from FEEL IT (you need to have completed this course first) expand on the knowledge gained on FEEL IT to begin creating and putting into practice support strategies for people with SPD. **Wembley, London £100pp 9.45am - 3pm.**

**23rd March - KNOW IT workshop** - learn about our internal senses and how we can begin supporting them. **Wembley, London £100pp 9.45am - 3pm**

**Book all 3 workshops for just £250 - email us to request an invoice for this price.**

If you have any questions please let me know, please share within your networks too. All bookings can be made by emailing me their names and I can send over an invoice.

**Becky Lyddon**

**Sensory Spectacle Founder**

Internationally providing workshops and immersive learning experiences to educate about SPD.

[www.sensoryspectacle.co.uk](http://www.sensoryspectacle.co.uk)

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