



## Sensory Motor Therapy

SMT relies on the assumption that the individual may be over-aroused or under-aroused by normal levels of sensory input

### **SENSORY DISORDER LOOKS LIKE:**

- Difficulty perceiving and responding to environmental stimuli
- Ritualistic behaviors such as rocking
- Hyperactivity (Overresponders) or lethargic behavior (Underresponders)

### **EXAMPLES OF INPUT**

**UNDERRESPONDERS:** PASSIVE, QUIET, DIFFICULT TO ENGAGE, TASK AVOIDANCE, WANDERING

- Trampoline, stretching, vibrating
- Sand paper under writing surface
- Colorful, high interest media
- Ask for visual input using boardmaker

# SENSORY ROOMS

## WHAT THE RESEARCH SAYS:

- If sensory issues are ignored and behaviors are extinguished, an alternative behavior may develop to meet sensory needs, making the successful elimination of the problematic behaviors more difficult
- Student's sensory needs need to be met before moving on to levels where learning can take place (Ziggurat model)

See the attached journal articles on the board for additional information.

### **EXAMPLES OF DEPRIVATION**

**OVERRESPONDERS:** SENSORY DEFENSIVE, OVERLY SENSITIVE TO STIMULATION, TRIGGERED BY ENVIRONMENT

- Dampening modifications: carpeting or headphones to decrease noise
- Music with a steady beat (Vibroacoustic therapy is low frequency sound with a pulsed tone under music).
- Weighted vests, wrapped blanket, lap weights

Vibrating seats / materials and rhythmic activities such as swinging are useful for both over and underresponders