All hands on deck: Efficacy of the multi sensorial therapy and it impact on emotions

Geraldine Tan Twang Ling
The Therapy Room, Singapore

For many children the conventional talk therapy is not the best way to access the child. There have been many different therapies like play therapy, clay therapy, art therapy, etc., all helping the child move into a better space. The aim of the above workshop is to allow therapist to experience and have a better understanding of multi-sensorial therapy, a combination of the use of different senses within the course of therapy. This can be used for children with a range of different psychological disorders. As well as, use for children with emotional issues. With children and understanding that are still developing some of the pathways in their brains, we want to use as many senses as possible to make sense of certain situations to them. This method has been used in structured learning in schools and will benefit children in therapy. In this workshop, we would attempt to give participants a brief overview by looking at the efficacy of brief interventions for artistic therapies, including play, clay, art, movement therapy. And discussing what difference it makes as opposed to the conventional solution focused brief therapy, cognitive behavioral approaches, narrative therapy, choice and reality therapy, etc. We would also attempt to give participants a sense of what goes on in a typical session. More specifically, participants will be looking at their emotions before and after the session to see how it impacts them. Participants will have a hands-on experience and integrate learning by this multisensory presentation.

References

Biography
Geraldine Tan Twang Ling has been practicing for about 17 years in the profession. She has worked extensively with children. She was awarded a scholarship to learn Child Attachment Interview (CAI) at the Anna Freud Centre in London. She has been running groups for special needs children since 2014 to present.

geraldine@thetherapyroom.com.sg

Notes: