



# Holding Space Resources



## Resources for Supporting Children with Sensory Processing Issues

[www.sensorysmarts.com](http://www.sensorysmarts.com)

[www.autplaytherapy.com](http://www.autplaytherapy.com)

### What was most helpful?

Assessing my space and having options available for clients

Mirroring technique and being able to do more work ie checking out resources presented.

That we might be able to do Autplay training in Australia

Looking at room and asking kids about likes and dislikes about it

Accessing resources from websites/facebook pages

I've already accessed the Sensorysmart website and will use the ideas for fussy eaters

Being aware of the options like seating and lighting

Keeping things simple for parents, teaching them to be playful, encouraging them

The realisation of how exhausting mentally the telehealth is

Involving parents in the session

Reminder for removing odours and smells

Checking out his website, mid-line crossing/ mirroring,

Tele-PLAY Therapy Resources and Support

# Group Strategies for Self Care and Managing Martyrdom

Consciously turning off the computer

Meditation and art and colour

Repeat the mantra "I am Enough. What I do is Enough."

Walking in the sun

Walks

Gym time, gardening and reading!

Taking breaks at regular time

Promote more about what I do as a therapist amongst my non therapist colleagues self care - nature

Reminding myself that my own needs are very worthy.

Going for walks

Yoga, mindfulness, attending free but useful webinars

Sunrise beachwalks

Knitting

Exercise.

Reminding myself that the work will still be there tomorrow and there will be time tomorrow

Your webinars are a big part of my self care

We discussed how there is always the difficulty of balancing duty of care and leaving work on time....stayed back to call MH line but felt I had done my best to protect my client.

Remind myself that I have done my best and that is good enough... not place too much pressure on myself as I am only one person and can only do so much