



# **#6 Holding Space for Self and Others Supporting Children with Sensory Processing Issues**

# Agenda

- Welcome
- Supporting Children with Sensory Processing Issues
- Special Guest: Dr Robert Jason Grant
- Managing Martydom
- Connecting In
- Prize Giveaways

# Dr Robert Jason Grant

Ed.D, LPC, RPT-S, CAS



Dr. Grant is the creator of AutPlay® Therapy, an Autism treatment using Play Therapy, behavioural therapy, and relationship development approaches.

He owns and operates the Robert Jason Grant Ed.D AutPlay Therapy Clinic and specializes in play therapy techniques with children, adolescents, adults, and families

and in working with Autism Spectrum Disorder, Neurodevelopmental Disorders, and Developmental Disabilities in Missouri, USA.





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# ***Connecting In***



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# The Wellbeing Project

2015, Esalen joined a small group of other nonprofits to co-create the Wellbeing Project, a global initiative to shift the social change field culture from one of frequent burnout to supporting inner well-being.

# The Wellbeing Project

Study over 300 people working in helping sector  
in 55 countries found that

While 75% of respondents felt that looking after  
their wellbeing was 'very important,' merely  
25% reported that they looked after their  
wellbeing 'to a great extent'.



# Beware Martyrdom

“What stands out for me is the perception in the field of social change that it may be oriented toward self-sacrifice and martyrdom—that self-care and engaging in one’s inner journey was seen as a luxury,”

The Wellbeing Project Lead  
Aaron Pereira.

# Self Care

“So what this report puts front and center is how important self-care is for all of us and how that profoundly changes everything, including the social change work we do.”

The Wellbeing Project Lead

Aaron Pereira

# Wellbeing

"People on the front lines of COVID-19 are often our changemakers working with some of the most vulnerable populations and today, more than ever, the consciousness of wellbeing is required of all of us in order to maintain the stamina and compassion necessary to serve those in need and retain our humanity."

Esalen Director of Programs  
Cheryl Fraenzl



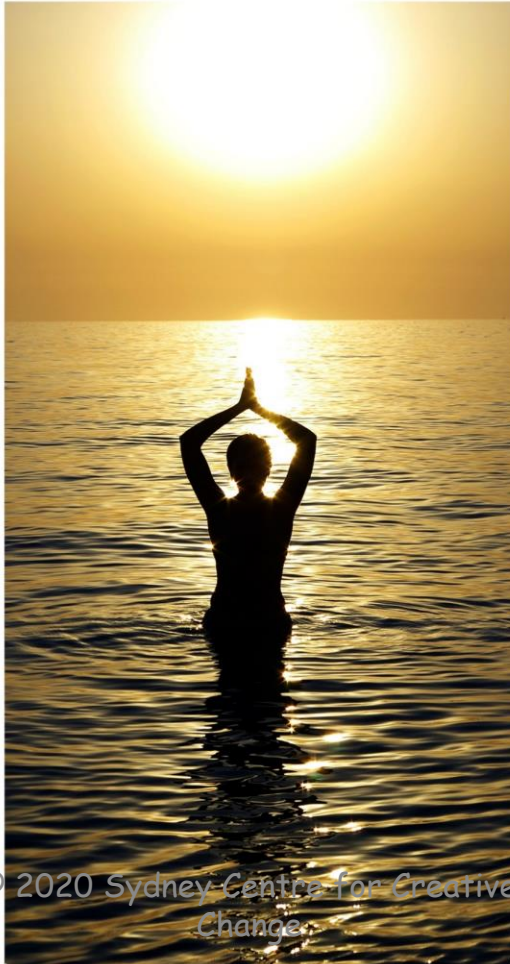
# Self Care

"The findings of this study confirm that taking care of ourselves in all the ways that are important directly impacts the quality of our contributions and the ability to go the extra mile when necessary."

Esalen Director of Programs  
Cheryl Fraenzl

# Wellbeing Inspires Welldoing

<http://wellbeing-project.org/>



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# Group Time

1. How do you manage the occasional lure of martyrdom?
2. What self care activity have you been most proud of this week?

# Group Time

# FUN and PRIZES





# Play Therapy for Sensory Processing Challenges – Dr Robert Grant

**On Demand Webinar**

**\$40**

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# Play Therapy for Children with Autism

– Dr Robert Grant

On Demand Webinar

**\$40**

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# Using Books and Board Games in Play Therapy – Dr Robert Grant

**On Demand Webinar**

**\$40**

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## ONE FREE ON-Demand WEBINAR

Play Therapy for Sensory Processing Challenges  
Dr Robert Grant

OR

Play Therapy for Children with Autism  
Dr Robert Grant

OR

Using Books and Board Games in Play Therapy  
Dr Robert Grant



**Welcome to Drama Therapy**  
**– Natalie Mackenzie**  
**Live Online Workshop**  
**\$120 May 11**

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**Liana Lowenstein**  
**Creative Interventions**  
**Wednesday 13<sup>th</sup> May**  
**9.00 – 10.00am**  
**AEST**  
**Register Now**

