



## Sensory Approaches for AOD Treatment

**WHERE:** Floor 4, 270 Roma Street  
'Biala' City Community Health Centre  
Brisbane QLD 4001

**WHEN:** 13<sup>th</sup> June 2019

**TIME:** 09:00am – 04:30pm

Sensory Approaches is a collective term for a range of interventions that focus on supporting the client to achieve regulation of affect, attention and behaviour through regulation of bodily arousal states using a range of sensory modalities\*. It is widely used in mental health services as a trauma informed approach, and as a first line intervention to manage difficult emotional states.

This workshop will provide participants with an understanding of sensory approaches, their application for people experiencing problematic substance use, and tools to assist people to self-regulate.

*\* From Sensory Approaches in Mental Health Clinical Capability Framework - QLD Health 2016.*

Bookings are essential. To register for this workshop, please go to:

<https://insight.qld.edu.au/training/20190613/detail>

**insight**

Alcohol and other drug training and  
workforce development Queensland

**Insight: Centre for Alcohol and other Drug Training and Workforce Development  
Metro North Mental Health – Alcohol and Drug Services**  
Biala | Floor 4 | 270 Roma Street Brisbane QLD 4001  
Ph: (07) 3837 5655  
[Insight@health.qld.gov.au](mailto:Insight@health.qld.gov.au)  
[www.insight.qld.edu.au](http://www.insight.qld.edu.au)