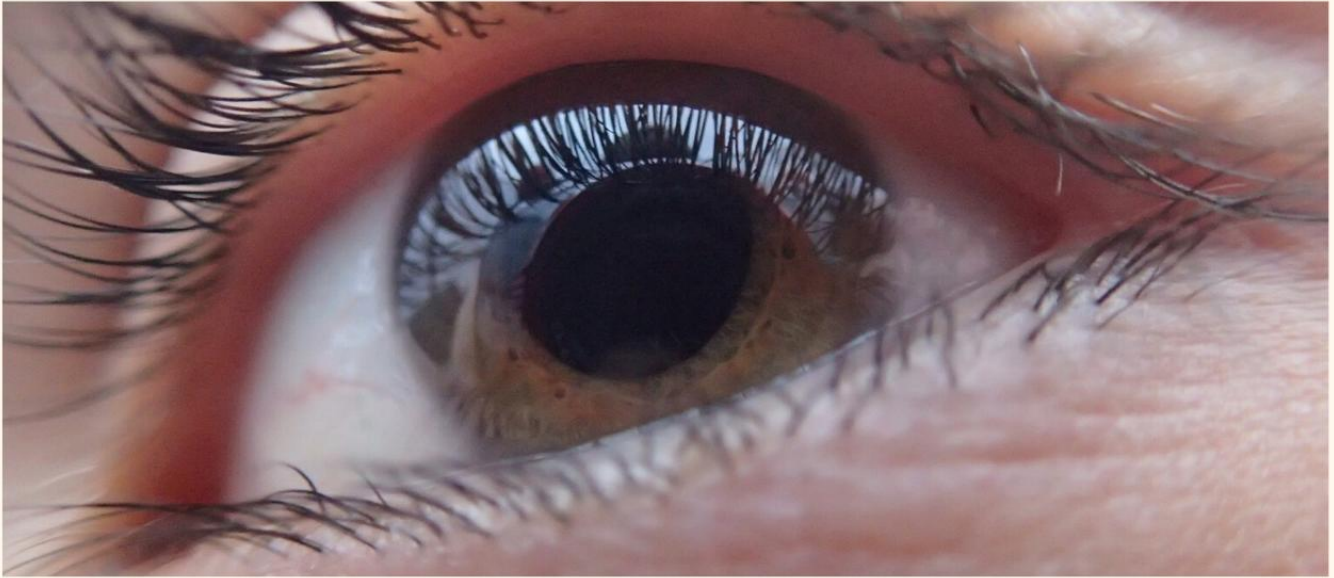


A NEW DAY PEDIATRIC PSYCHOLOGY

HEALING THE HURT. EDUCATING THE MIND. INSPIRING THE SOUL.



A New Day Pediatric Psychology, PLLC falls under the vision of Dr. Ann-Louise T. Lockhart, Pediatric Psychologist and Board Certified in Child and Adolescent Psychology.

A New Day specializes in evidence-based behavioral health treatment, interventions, and psychological evaluations for children, adolescents, and adults with known or suspected behavioral health and/or medical conditions affecting all aspects of development and functioning.

Sensory Processing Disorder: Relieving Sensory Overload in a Unique Way

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Sensory Processing Disorder (SPD) is a neurophysiologic condition where an individual interprets sensory information from the environment or his/her own body differently than most people. Although a person with SPD responds to stimuli, the response sent from the brain is inappropriate or disorganized. Whether a person is tapping a foot, bouncing a leg, or biting nails, successful completion of the activity requires accurate processing of the sensation. SPD is considered a symptom of Autism Spectrum Disorder (ASD) because many individuals with ASD have sensitivity to sensory stimuli and may experience sensory overload.

According to the STAR Institute for SPD, there are eight sensory systems: visual, auditory, tactile, olfactory, gustatory (taste), vestibular (balance and spatial orientation), proprioception (awareness of body movements, and interoceptive (awareness of internal sensations). A few sensory behaviors include playing with fingers, yelling, throwing objects against the wall to hear the crashing sound, repeatedly playing a specific part of a video, etc. While most sensory responses may be disruptive, some responses may be dangerous to the individual, as well as others. When the response poses a threat to self or others, the response should be modified with a more appropriate response that fulfills the sensory needs of the individual.



SPD can be challenging for an individual and their families because there are some behaviors that are overwhelming to manage. For example, parents may feel anxious, fearful, or embarrassed when a child with SPD is displaying sensory over responsivity (i.e. breaking items to receive the auditory input) which may cause friction among family members. Therefore, when encountering someone with SPD and their family, it is important to have compassion and understanding, keeping in mind, the behaviors are not intentional, but rather, coping mechanisms for dealing with an overload of information processing.

Families are encouraged to seek services from an occupational therapist to assist in modifying the home and school environments to accommodate the person with SPD, creating a safe and less disruptive environment for everyone. With a combination of techniques and services tailored to the person with SPD, a sense of balance may be created in the need for the individual to control the environment while integrating with society.

STAR Institute for SPD, "Understanding Sensory Processing Disorder." Date Unknown.
<https://www.spdstar.org/basic/understanding-sensory-processing-disorder>

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now has 2 Pediatric
Psychologists on our team?!**



**That means, we are
specifically trained to help
children and their parents work
through and adjust to medical
diagnoses using
psychological interventions.**

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**This newsletter is issued every first and
third week of each month.**

**The purpose of this newsletter is to
educate, inspire, and bring healing and
awareness by discussing a variety of
behavioral health and medical conditions.**

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