

Cassandra Cavaliere

Graduate Student

Project Authors: Cassandra Cavaliere, Eileen Monahan and Anna Wallner

Faculty Mentor: Julie Nastasi, Ph.D.

Summary:

This evidence-based research explored the efficacy of sensory integration techniques in facilitating skills of self-regulation in children with mental health conditions. Fifteen articles were analyzed to evaluate sensory interventions in pediatric mental health and in how these strategies may help clients with self-regulation and overall occupational performance. The studies examined various forms of sensory-based interventions including Sensory Motor Arousal Regulation Treatment (SMART), sensory rooms, and other sensory-based approaches.