

Understanding Sensory Processing

Assess / interpret / support

A practical online workshop with
Dr Patricia Sherwood

12 NOV 2026
THURSDAY

2 pm to 5 pm
SINGAPORETIME

ONLINE
THREE HOURS

WHY THIS MATTERS

Sensory processing shapes how we experience sound, touch, movement and other everyday input. A student who appears distracted, overwhelmed or resistant may be responding to a sensory demand that others have not noticed.

Assessment can bring these patterns into focus. When we understand what the student is experiencing, we can make more thoughtful adjustments to the environment, activities and support we offer.

IN THREE HOURS, YOU'LL...

01

RECOGNISE

Identify sensory processing patterns and their effect on regulation, attention and participation.

02

ADMINISTER

Learn the steps for using the Sensory Processing Measure, Second Edition (SPM-2).

03

INTERPRET & RESPOND

Practice reading a sample profile and use the findings to plan practical support and explain them clearly.

SPM-2 INCLUDED

Work through the SPM-2 with guided practice and a sample profile. Assessment materials used in the workshop are included.

Apply the findings to everyday support and explain the profile to families and colleagues.

WHO SHOULD ATTEND

For educators, SEN officers, school counsellors, psychologists, therapists, social workers and other helping professionals who support children and young people. The workshop is especially relevant when sensory needs may be affecting learning, participation, emotional regulation or relationships.

FACILITATED BY

Dr Patricia Sherwood

Director, Sophia College of Counselling, Australia



Dr Patricia Sherwood brings over 30 years of academic and clinical experience across Social Work, Psychology, Counselling, Social Sciences, and Special Education. A respected thought leader in the field, she is the Founder of the Indo-Pacific Journal of Phenomenology and the Director of Sophia College of Counselling, Australia.

Renowned for her expertise in Artistic Therapy and Sand Play, Dr Sherwood has been instrumental in advancing trauma-informed therapeutic practices globally. She is also a certified Sanctuary Model Trainer, supporting mental health agencies in building safe, restorative environments.

Her work extends across Australia, New Zealand, Singapore, Malaysia, and South Africa, where she has trained educators, counsellors, and mental health professionals in well-being, resilience, and therapeutic interventions.

Dr Sherwood is the author of several influential publications, including the widely acclaimed CBT and Artistic Therapy.

In Singapore, Dr Sherwood has partnered with Relational Resources for over 14 years, delivering bespoke, high-impact training programme for schools, counsellors, and helping professionals. In this workshop, she will guide participants through the SPM-2 assessment and show how its findings can inform practical support for children and young people..

SOME OF DR SHERWOOD'S BOOKS



WORKSHOP FEES

EARLY BIRD: \$225

Register by 31 October 2026

STANDARD : \$255

Group Discount

- 3-4 participants: 5% discount
- 5 or more participants: 8% discount

(SPM-2 assessment
included in the
workshop fee)

Workshop can be
considered for CCF funding
as a non pre-approved
course



TERMS AND CONDITIONS

1. Classes will be formed only when a minimum class size is being met. Organiser reserves the right to cancel or postpone the workshop at a short notice, or may change the modality of the class and at its absolute discretion without assigning any reason for such cancellation or postponements. Refund will be made if payment has been received.
2. No withdrawal will be allowed once the participant has registered for the programme. Participant can either find a replacement or pay a penalty of 90% of the full course fee.
3. Photographs and/or videos may be taken during our programmes for audit purposes.

REGISTRATION & ENQUIRIES

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