

What is Sensory Processing Disorder and How it Can Helped With Therapy



Sensory Processing Disorder is a condition where a person's brain is unable to process or respond properly to a sensory stimulus. While the exact cause of this condition is still unknown, the treatment for this condition requires a therapeutic approach. Normally, the children are the ones who can be affected by these, which if not managed properly, can lead to a worse situation. However, it is also seen that adults can be affected by this condition. [Sensory processing Disorder](#) can also be symptoms indicating the occurrence of many other mental health issues. This includes Autism, ADHD, and many others.

Here, we are going to list everything about sensory processing disorder. This will include symptoms, and what one can do in order to treat this condition.

Common Symptoms of Sensory Processing Disorder

The condition of sensory issues is the inability to process stimuli or respond to them. These stimuli include light, sound, touch, or any other internal factor that can create a sensation in our body. The improper response to these stimuli can be indicated in the form of over or under or even no response at all.

Over-response can be in the form of induced sickness or other discomforting behavior, even to a simple stimulus like the light of particular color or a particular sound. On the other hand, there might be a lack of responsibility.

Common symptoms that can indicate discomfort or improper response to different sensory stimuli include:

- Irritation with a particular sound or thinking the light is too bright.
- Afraid/Fear or difficulty in doing very simple tasks that involve simple motor activity like seeing, hearing, and speaking.
- Abnormal behavior to sudden changes in the sensory stimulus like bright light, high pitch sound, sudden touches, and many others.

While there is a requirement for the treatment or any other measure, in case of negligence, the issues of sensory processing difficulty can lead to many other consequences affecting the children's mental health significantly. It can be noted through social isolation, deviation from normal behavior, and low confidence level. In many cases, depression is noted in many of the children.

Based on the behavior of the child to different stimuli, the Sensory Processing Disorder can be further classified into three categories which are:

- Sensory Modulation Disorder
- Sensory Discrimination Disorder
- Sensory Based Motor disability

What can be the cause of Sensory Processing Disorder?

The exact cause of issues related to sensory integration is still unknown. While some consider it a mental or neurological disorder, it is a symptom of many other mental issues like autism. Many researches have ended on a similar conclusion that both SPD and Autism are linked to each other. The issue of sensory integration difficulty is still not recognized as a medical diagnosis. Due to lack of knowledge regarding the exact cause of this issue, there is no exact measure that can be followed or taken to avoid the occurrence of SPD in children or any adult.

Treatment for Sensory Processing Disorder

Therapy is considered to be the first line of treatment to manage the condition of Sensory Processing Disorder. The major goal behind giving therapy is to put a child in a given familiar environment with different challenges. The exact treatment to treat the issue of Sensory

Processing Disorder is [Speech Integration Therapy](#). While this one is specific to the condition of sensory integrative dysfunction, other treatments include occupational therapy and sensory diet. All these therapies, along with their effectiveness toward Sensory Processing disorder, are listed below:

Sensory Integration Therapy

Performed by an occupational therapist, sensory integration therapy involves a one-on-one intervention to help children with any developmental and behavioral disorder. Intervention as part of this therapy is done at familiar places to the child, like their home, schools, or any other familiar location. The major intent behind this approach is to improve a child's response to various actions by creating adaptive responses to different stimuli. This can be done by reducing stress, increasing social interaction in familiar places, and many others.

Different experiences faced by the child during these interventions can help them to generate a certain adaptive behavior towards different stimuli. Major activities as part of each intervention are focussed on generating or improving responses to not only one but two or three sensory stimuli at a time. After every intervention, the overall response or the performance of the child is measured. Based on this, the activities for the next intervention are decided.

Sensory Integration is also helpful in treating many other conditions like Rett Syndrome.

Occupational Therapy

Occupational therapy is a form of therapy that helps a person to improve their senses and other activities related to cognition. The therapy is aimed to improve their skills for daily living activities and help them gain independent living. This therapy is really beneficial for those who have physical needs, including emotional and social support. It usually involves various forms of exercises to overall improve their motor skills and enable them to perform basic life functions.

Common Activities and approaches as part of Occupational therapy include:

Perform various activities to overall improve their hand-eye coordination.
Basic life skills necessary for independent living can be taught during Occupational Therapy.
Develop Positive behavior in a person as the one who is physically challenged or any other ways have difficulties in social interaction.

Physical Therapy

Physical therapy, also known as physiotherapy, involves various exercises that help a person improve their health or recover from a physical injury. As a treatment for sensory processing disorder, it helps a person have better muscle control and be overall active to have a better response to various stimuli.

It involves various motor tasks, including normal activities that anyone would do as a part of their daily life routine. The type of activities offered to the person will depend on the severity of the disease.

Summing It Up

Sensory Processing Disorder can be a neurological condition that requires a therapeutic approach. With unknown causes, it is really hard to determine the exact treatment. Also, what measures can be taken to avoid or prevent it? Therapy has been found to be really effective in [treating the condition of Sensory Dysfunction](#). With the right therapy based on the current condition, the condition of sensory disorder can be helped. There, based on your condition and its severity, we will provide the right therapist to you.

Also Read: [Dissociative Disorders – Symptoms, Causes and Treatment](#)