

Sensory modulation in mental health settings

References and further reading

Overview of evidence

Sutton, D., & Nicholson, E. (2011). *Sensory modulation in acute mental health wards: A qualitative study of staff and service user perspectives*. Auckland, New Zealand: Te Pou o Te Whakaaro Nui.

https://openrepository.aut.ac.nz/bitstream/handle/10292/4312/Sutton_sensory_modulation_in_acute_mental_health_wards.pdf

Te Pou o te Whakaaro Nui (2011). *Sensory modulation in mental health clinical settings. A review of the literature*. Auckland. Te Pou o te Whakararo Nui.

<https://www.tepou.co.nz/resources/sensory-modulation-in-mental-health-clinical-settings-a-review-of-the-literature/135>

Online guides

Champagne, T. (2004). *The therapeutic use of weight*. <https://www.ot-innovations.com/clinical-practice/sensory-modulation/the-therapeutic-use-of-weight/>

Champagne, T. & Sayer, E. (2003). *The effects of the sensory room in psychiatry*. https://www.ot-innovations.com/wp-content/uploads/2014/09/qj_study_sensory_room.pdf

Champagne, T. (2008). *The sensory modulation program for adolescents and adults*. OT Innovations. <https://www.ot-innovations.com/clinical-practice/sensory-modulation/the-sensory-modulation-program-for-adolescents-adults/>

Te Pou (2020). *What works for you? Using sensory strategies to help people cope with challenging situations*.

<https://www.tepou.co.nz/uploads/files/200417%20Sensory%20modulation%20during%20Covid-19.pdf>

Academic papers

- Champagne, T. (2009). The influence of posttraumatic stress disorder, depression, and sensory processing patterns on occupational engagement: A case study. *Work*, 38(1), 67–75. <https://doi.org/10.3233/WOR-2011-1105>
- Champagne, T. and Stromberg, N. (2004). Sensory approaches in inpatient psychiatric settings: Innovative alternatives to seclusion and restraint. *Journal of Psychosocial Nursing*, 42(9), 35-44. <https://pubmed.ncbi.nlm.nih.gov/15493494/>
- Champagne, T., Koomar, J. & Olson, L. (2010). Sensory processing evaluation and intervention in mental health. *OT Practice*, 15(5) CE1-8.
- Gardner, J. (2016). Sensory modulation treatment on a psychiatric inpatient unit: Results of a pilot program. *Journal of Psychosocial Nursing and Mental Health Services*, 54(4), 44-51. <http://dx.doi.org/10.3928/02793695-20160318-06>
- Knight M., Adkison L., Kovach J. (2010). A Comparison of Multisensory and Traditional Interventions on Inpatient Psychiatry and Geriatric Neuropsychiatry Units. *J Psychosoc Nurs Ment Health Serv.* 48(1) 24-31. <https://doi.org/10.3928/02793695-20091204-03>
- Mullen, B., Champagne, T., Krishnamurty, S., Dickson, D., and Gao, R.X. (2008). Exploring the Safety and Therapeutic Effects of Deep Pressure Stimulation Using a Weighted Blanket, *Occupational Therapy in Mental Health*, 24(1), 65-89. https://doi.org/10.1300/J004v24n01_05
- Re, P., McConnell, J.W., Reidinger, G., Schweit, R., and Hendron, A. (2014). Effects of Yoga on Patients in an Adolescent Mental Health Hospital and the Relationship Between Those Effects and the Patients' Sensory-Processing Patterns. *Journal of Child and Adolescent Psychiatric Nursing*, 27(4), 175-182. <https://doi.org/10.1111/jcap.12090>
- Wallis, K. (2017). Sensory Modulation for People with Anxiety in a Community Mental Health Setting. *Occupational Therapy in Mental Health*, 34(2), 122-137. <https://doi.org/10.1080/0164212X.2017.1363681>

Books

- Ayres, A.J. (1979). *Sensory integration and the child*. Los Angeles, CA: Western Psychological Services.
- Campbell, D. (1997). *The Mozart effect: Tapping the powers of music to heal the body, strengthen the mind, and unlock the creative spirit*. New York, NY: Avon Books.
- Champagne, T. (2011). *Sensory modulation and environment: Essential elements of occupation*. Pearson Australia Group.
- Williams, M. S., & Shellenberger, S. (1996). "How does your engine run?": A leaders guide to the Alert Program for self regulation. Albuquerque, NM: Therapy Works, Inc.

Online sensory resources & ideas

Heavy Metal Therapy: <https://heavymetaltherapy.co.uk/about/>

- Spotify, search for Heavy Metal Therapy playlists, or follow link below
 - <https://open.spotify.com/user/e9kt4vsdo9kra4jiwi5o9zjiv?si=2H0WlbMtQamdANXaXpXy7g>
- Apple music
 - Playlists are here: <https://music.apple.com/profile/heavymetaltherapy>
- YouTube:
 - Videos: <https://www.youtube.com/channel/UCrwqwCIP3Ek9o-iL0wDa1vQ>

Punk for mental health: <https://joelvos.com/punk4mentalhealth/>

SAND (Sensory and Neurocognitive development): Visual therapy videos for calming: <https://www.youtube.com/channel/UCjsaN5CFAX5FjXw8Cwq2AmQ>