

# Kapa haka or herbal tea? Using sensory strategies to help cope with COVID-19 and other challenging situations

## Webinar feedback – May 2020

*Kapa haka or herbal tea* was a short one-hour webinar developed by Te Pou o te Whakaaro Nui (Te Pou) in response to the COVID-19 pandemic. The webinar provided foundational knowledge about the use of sensory modulation approaches to support people experiencing tough times. Facilitation of the webinar included clinical, lived experience and Māori perspectives. A total of 217 people attended across the three webinar sessions held in April/May. Webinar attendees worked in mental health, addiction, disability, and education settings. A summary of the post-webinar survey feedback from 81 attendees (37 per cent) is below.

## Webinar ratings

Figure 1 shows nearly all survey respondents agreed the webinar was valuable and relevant.

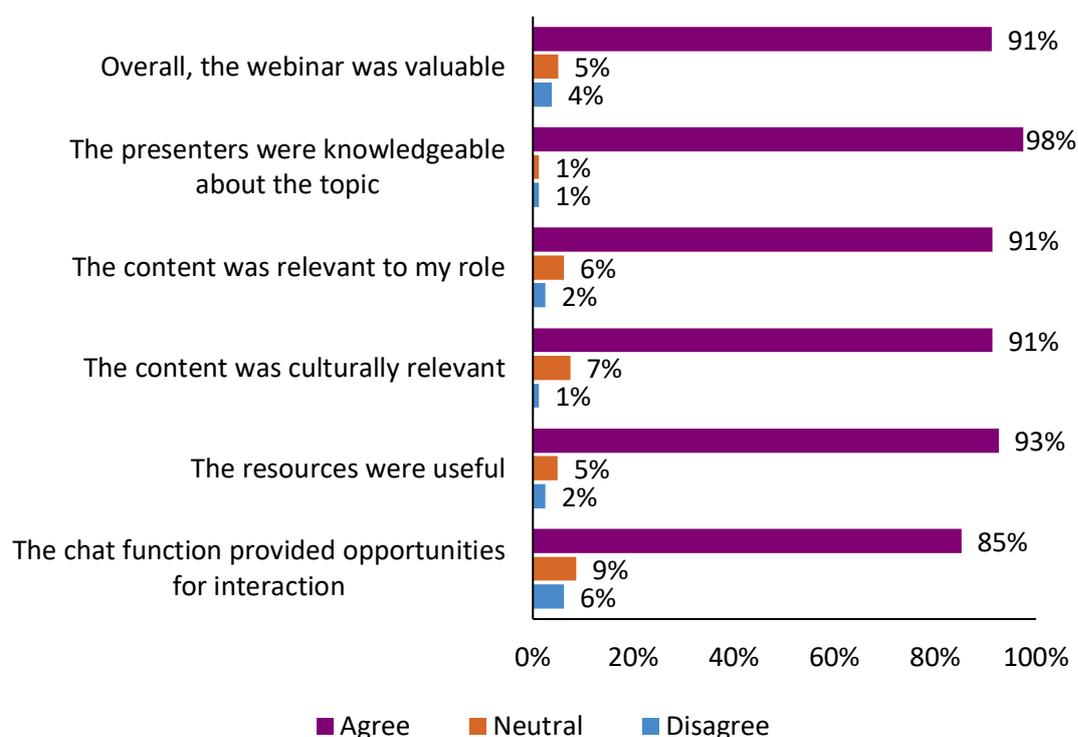


Figure 1. Webinar ratings from the evaluation survey (81 total responses).

Note. A 5-point Likert scale was used in the survey, responses for 'Strongly disagree/strongly agree' were collated with the responses for 'Disagree/agree' due to the small number of negative responses.

## Open-ended comments

Overall, the comments were positive. A few respondents felt the pace was a bit rushed and a few others felt the content was too introductory for their existing level of knowledge. Some expressed an interest in more webinars.

The most useful parts of the webinar included the practical examples from the different facilitator perspectives, the content about sensory processing and levels of arousal, and the question and answer discussions. Some examples of the comments are shown below.

- “I really appreciated the accounts the presenters shared of when they have used sensory strategies to overcome challenges themselves.”
- “The whole thing was a good recap of different learning I already had around sensory modulation, but it was good to hear different perspectives and have it reinforced. The Q&A session was really great too to generate discussion.”
- “The slides were very helpful, particularly the ladder to explain level of arousal and when to use sensory modulation strategies.”
- “I would like to learn more on this subject and love the webinar way of learning and listening to the teaching.”

## Summary

*Kapa haka or herbal tea* provided foundational knowledge about the use of sensory modulation approaches to support people experiencing tough times. Overall, most survey respondents gave positive feedback about the webinar. Thus, the webinar was an effective way of delivering one-off sensory modulation training to many people from various service settings.

A recording of the webinar is available [here](#).