

# Sensory modulation core competency questionnaire

Rate your knowledge for each competency from (1) “very poor” to (5) “very good”.

1 – Very poor

2 - Poor

3 – Average

4 – Good

5 – Very good

Competencies	Specifications	Rating				
		1	2	3	4	5
<b>Knowledge of clinical principles</b>	a) Classifying different body senses					
	b) Charting the four basic patterns of responding to sensory events in everyday life					
	c) Interpreting characteristics of sensory stimulation					
<b>Therapeutic use of self</b>	a) Understanding that sensation is part of human condition					
	b) Demonstrating therapeutic use of self to people accessing service					
	c) Accepting that establishing trust is fundamental in the evolution and strengthening of the therapeutic alliance to people accessing service					
<b>Use of a sensory assessment</b>	a) Selecting an appropriate type of sensory assessment					
	b) Performing a basic sensory assessment					
	c) Justifying sensory assessment result					
<b>Selection of a sensory modulation therapeutic activities</b>	a) Selecting appropriate sensory modulation therapeutic activities					
	b) Facilitating selected activities safely					
	c) Judging the effectiveness of the activities					
<b>Displaying supportive attitude when using a sensory space</b>	a) Explaining the therapeutic use of a sensory space to people accessing service					
	b) Managing a safe environment while using a sensory space					
	c) Displaying the supportive attitude towards people accessing the service					
<b>Personal safety tools</b>	a) Itemising people accessing service’s preferences on sensory modulation therapeutic activities for calming strategies					
	b) Recognizing people accessing service’s early warning signs for escalating distress					
	c) Helping people accessing service avoid and/or minimise stress triggers					
<b>Cultural responsiveness</b>	a) Understanding the importance of cultural responsiveness in the use of sensory modulation					
	b) Recognising when people are likely to benefit from the integration of cultural practices (e.g. Tikanga Māori practices)					
	c) Supporting the involvement of local cultural resources (e.g. Māori health workers and advisors)					

Note. Sourced from “An Investigation into the Effect of a Sensory Modulation Workshop on the Knowledge, Skills and Attitudes of Mental Health Staff: a Pre-post Survey Design”, by G. F. Azuela, 2012, Master’s thesis, Otago Polytechnic. And “The Effectiveness of a Sensory Modulation Workshop on Health Professional Learning”, by G. F. Azuela, & L. Robertson, 2016, The Journal of Mental Health Training, Education and Practice, 11, p.317.