



My Sensory Book: Working Together to Explore Sensory Issues and the Big Feelings They Can Cause: A Workbook for Parents, Professionals, and Children

By Lauren H. Kerstein, LCSW

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This interactive workbook enables children to develop a better understanding of their sensory systems by helping their parents and teachers create an individualized sensory profile. Through numerous strategies broken down by the different sensory systems, tactile, vestibular, proprioception, visual, auditory, gustatory and olfactory, children can learn to cope more effectively with the world around them. This is a practical tool for both home and school.

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Editorial Review

Review

My Sensory Book is an easy-to-read and accessible book filled with practical suggestions for working with children who have sensory difficulties. Ms. Kerstein emphasizes the connection between sensory stimuli and emotions and, in doing so, promotes self-awareness of feelings and behavior. Creative coping techniques are provided to prevent problematic behaviors that can result from sensory triggers. --Judy Reaven, Ph.D., Autism and Developmental Disabilities Clinic, JFK Partners University of Colorado Denver School of Medicine

My Sensory Book is an invaluable, practical resource for families, practitioners and children who have experienced and/or witnessed the intense emotions and reactions that children can have to sensory stimuli. This book is written in a family-friendly manner using real-life examples. But unlike other books of a similar nature, it addresses the emotional component of sensory difficulties. The interventions suggested are practical and applicable and written in such a way that even the busiest of families can implement them. -- Sheri Katzman, Psy.D., licensed clinical psychologist

This is an outstanding resource for caregivers and children. It clearly and concisely points out how a child's unique perceptions of sensory information can affect his behaviors and emotions through a well-organized series of vivid vignettes, charts, and worksheets. With this book, Lauren Kerstein provides us with a way to not only understand the child's sensory world, but also how to make effective intervention judgments. -- Robin L. Gabriels, Psy.D., The Children's Hospital, University of Colorado at Denver, & Health Sciences Center

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About the Author

Lauren H. Kerstein is a licensed clinical social worker who specializes in working with children, adolescents, adults and families. After receiving Bachelors of Arts in both Education and Psychology at Washington University in St. Louis, she attended George Warren Brown School of Social Work and received a Masters in Social Work. Lauren completed a post-masters fellowship at JFK Partners, the University Affiliated Program at the University of Colorado Health Sciences Center. The fellowship included intensive training and practical experience with children, adults and families with Autism Spectrum Disorders as well as other

disabilities. Lauren received multi-disciplinary training by psychologists, psychiatrists, occupational therapists, speech/language pathologists, developmental pediatricians, neuropsychologists, and social workers at JFK Partners. She currently has a private practice working with children, adolescents, adults and families, specializing in autism spectrum disorders and particularly Asperger's Syndrome. She also works with children experiencing anxiety, depression, relationship skill difficulties, divorce and other adjustment, developmental or mental health needs.

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Vicky Moore:

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