



The Qigong Sensory Training protocol is designed to normalize a child's tactile and sensory difficulties. When this is achieved the child is freed to go back to meet the self-regulatory milestones that have often been missed in the first years of life.

An initial meeting with the parents is schedule to obtain the child's medical history and to establish an individualized sensory profile. In this meeting the parents, alone without the child, are taught the steps for the routine they will use at home nightly. The practitioner then provides weekly treatments for the child, with the parents assisting. The goal is to help parents refine their technique and come to better understand their child's particular sensory/tactile picture as it continuously shifts in response to the program's impact.

Parents can also learn the protocol on their own from the parent instructional book pictured above. It comes with a very helpful instructional DVD and can be purchased on Dr. Silva's website www.qsti.org . Her website also provides a wealth of information and videos for parents, along with all of the clinical research that has been published to date on the protocol.