



**3 WORKSHOP Days: What is Snoezelen®?**  
*Reimagining & Facilitating Multi-Sensory Environments*  
**at Jackson R. Lehman Family YMCA**  
5680 YMCA Park Drive West  
Fort Wayne, Indiana 46835



**Presentation Topic Summaries**

**Session 2:1 Storytelling: The multi-disciplinary, therapeutic origin, philosophy and development of Snoezelen™ (Ad);**

The Origin, Philosophy and Background of Snoezelen, and how therapists and other professionals integrate state-of-the-art Snoezelen™ applications into their practice; Co-founder Ad Verheul illustrates the quality of life outcomes and developmental benefits (social-emotional) of implementing Snoezelen™ approaches and practices.

**Session 2:2 Autism (Maurits);**

Exploring the sensory channels and discussing meaningful moments that can be created within a multi-sensory environment for increasing the social-emotional development of children with autism. Learn how a multi-sensory environment (MSE) supports facilitation of the relaxation response in people with autism, helping to alleviate habits of anxiety or stress.

**Session 2:3 Working with Dementia and other Memory Disabilities (Ad);**

From its early to late stages, we will discuss and virtually tour a facility that supports quality of life for people with dementia, creating sensory concepts and spaces that cultivate feeling safe and loved. Information about Snoezelen as an integrated activity in the daily program of nursing homes, emphasizing the benefits of these added activities.

Learn how to engage and interact with others who are challenged with dementia, and how to create fun, effective session plans that are engaging. General information will be shared about the care for demented elderly in the Netherlands, and the theoretical background of Snoezelen in the care for elderly people with dementia.

**Session 2:4 MSE Designs, Resources & Assessment Tools (Karen);**

Consultant, designer, and supplier of multi-sensory equipment and environments discusses design possibilities and presents resources for therapists and other professionals.

**Session 2:5 Visit Snoezelen-Multi-Sensory Environment Room (ALL);**

We will visit the Jackson R. Lehman Family YMCA Multi-Sensory Room for hands-on learning.

**Session 2:6 Breathing/Relaxation/Research/Pre-Frontal Lobe Assessment (Tony)**

Current breathing and relaxing research offers much groundbreaking material for reconstructing therapeutic models that support human brain architecture and development, shaped by experiences throughout one's life. An understanding of how this is all connected and how the brain functions and processes these connections is important as we discover how breathing exercises contribute to the construction (and collapse) of these neuro-transmitting connections that enrich (or diminish) quality of life for our clients. A biopsychosocial Snoezelen process will also be explained, and a new assessment tool that integrates the current neuroscience framework will be shared.

**Session 2:7 Video/PPT Centre De Hartenberg & Other MSE Rooms (Ad)**

- Virtual visits to the Snoezelen complex at the Centre De Hartenberg and other Snoezelen-MSE rooms.
- The first approach in different institutes
- Video impressions of different goal groups and Snoezelen.
- Video practice of Snoezelen

**Session 2:8 WRAP-UP / All Share & Panel Discussion**