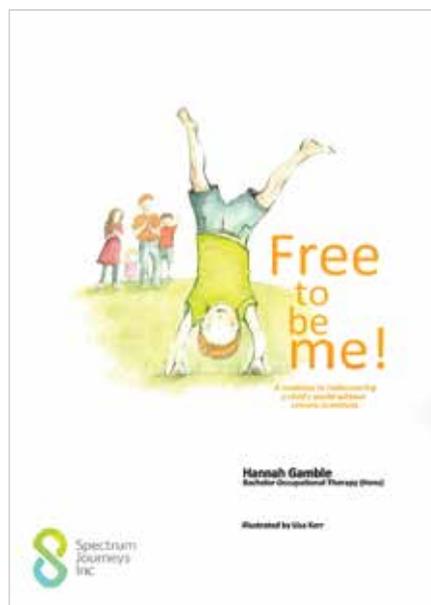


New book releases of interest



Sensory Defensiveness in Childhood

Hannah Gamble

For too long, day to day challenges of raising children such as fussy eating, cutting off clothes tags, nightmare haircuts, being overwhelmed in busy environments, and excessive meltdowns over small things have been put down to childhood idiosyncrasies that simply have to be endured. This newly released book explains that such challenges have a name – “sensory defensiveness” – and that there is plenty that can be done about it.

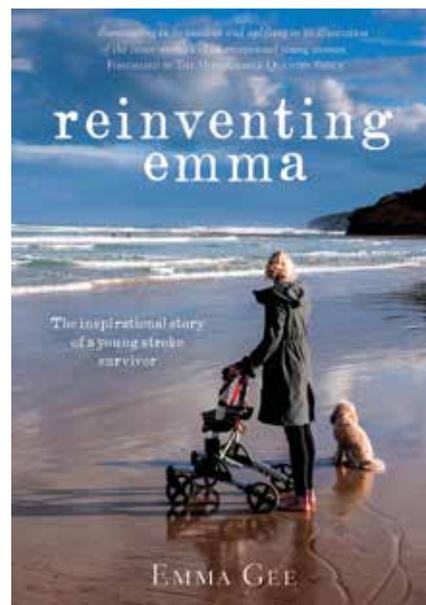
Estimated at 5-10% prevalence in the population, sensory defensiveness is a common yet poorly understood condition that can profoundly interfere with childhood development. *Free to be Me* provides a framework for understanding sensory defensiveness,

its impact, how it is assessed, and the options available for treatment. It also equips the reader with strategies to successfully manage common issues encountered by sensory-defensive children.

Understanding and treating sensory defensiveness opens a whole new world for the sensory defensive child, one in which they can be delighted and not terrified by their senses. In doing so, children find the freedom to be their true selves and explore their world without fear. Sensory defensiveness and the devastation it bears does not need to be tolerated by children and their families any longer. For those labouring under its influence, this book is a life line.

Written by Victorian paediatric occupational therapist Hannah Gamble, *Free to be Me* is the first book on childhood sensory defensiveness to be written by an occupational therapist world-wide; yet occupational therapy is the main profession responsible for assessing and treating the condition. Hannah is passionate about promoting awareness of sensory processing disorders and hopes this book will be a step in this direction.

Free to be Me has been published by Spectrum Journeys, a not-for-profit organisation supporting educators and parents of children with autism spectrum disorders, and was launched in April 2016. Plans are already afoot for this resource to be translated in other languages. And later in 2016, Spectrum Journeys will be releasing a new assessment tool on paediatric sensory defensiveness (created by Hannah Gamble) for purchase by occupational therapists. For more information, visit www.pectrumjourneys.org.au.



Reinventing Emma

Emma Gee

Reinventing Emma is the story of Emma Gee, a young woman who fought back from the devastation of a haemorrhagic stroke at age 24. This searing and honest memoir of Emma’s extraordinary determination and courage to recover from a stroke at such a young age illustrates her mental and physical strength to survive and live a full life.

An occupational therapist and avid long distance runner, Emma Gee’s life was turned upside down when she suffered a stroke during an operation for an Arteriovenous Malformation (AVM), a tangle of blood vessels in the brain. Her memoir follows her experience of learning to walk and talk again. Through excerpts from Emma’s diary, her observations, and her memories, she gives the reader an incredible insight into what it’s like to be a patient reliant on the medical and rehabilitation system she had worked within, as she comes to



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realise health professionals don't always understand what it's like being a patient.

We have all heard many inspirational stories, read books, and seen movies about people who have survived in the face of great personal odds. While all inspirational in their own right, they often leave us feeling intimidated and slightly cynical; to be successful as a person with a disability, you have to do something HUGE. Instead, *Reinventing Emma* focuses on the everyday things that are in some ways harder to achieve and maintain. Emma has survived and goes on surviving day after day.

In her foreword to the book, former Governor General Quentin Bryce comments that the book was "illuminating in its candour and uplifting in its illustration of the inner strength of an exceptional young woman". When reading the book you will see exactly what she means.

Reinventing Emma by Emma Gee is available now at bookstores and online from www.emma-gee.com.

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