Flex Therapist CEUs

Sensory Processing

1. What is an occupational therapist's main role in sensory processing?

A. To help someone avoid sensory triggers
B. To help them better integrate and process sensory information in a way that promotes function
C. To find environments that do not trigger patients
D. To tell them to stay in their room if they are feeling triggered

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2. Which of the following is NOT a reliable sensory processing assessment?

A. Sensory Processing Measure
B. Sensory Integration and Praxis Tests
C. DeGangi-Berk
D. All of the above are reliable assessments for this area

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3. Which type of sensory input is almost always of benefit for someone with sensory concerns?

A. Tactile input
B. Proprioception
C. Visual input
D. Auditory input

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4. What is the best definition of sensory discrimination?

A. Not knowing when sensory input will get processed
B. The ability to differentiate between different types of sensory input
C. Trouble knowing what sensory input they like vs. what they don't like
D. Misunderstanding what is going on around them

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5. A child who often bites on or mouths inedible objects may have what sensory concern?

A. Seeking tactile input
B. Defensive to gustatory input
C. Seeking gustatory input
D. Both B and C

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6. Which of the following is NOT a way to build oral motor strength for those with tactile sensitivity?

A. Slowly guide them through eating chewier or tougher foods
B. Encourage the use of straws
C. Use manipulatives like fidget spinners
D. Use pinwheels, kazoos, whistles, and other similar toys in therapy

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7. What is a good activity that offers proprioception?

A. Weight-bearing activities like push-ups and yoga
B. Swimming
C. Using an elliptical to get cardiovascular activity
D. Wear loose clothing to let your skin breathe better

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8. What type of over-responsiveness might gentle stretching help with?

A. Tactile
B. Vestibular
C. Proprioception
D. Visual

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9. What is important to remember when writing sensory goals?

A. Don't add any milestones
B. Specify what time of day it should be achieved in
C. Connect each sensory concern with function and make it measurable
D. Make it short and something a child can achieve in 2 weeks at most

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10. At what age are a child's sensory systems nearly fully developed?

A. Age 6
B. Birth
C. Age 5
D. Age 8

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