

Venue:	Doody's Book Review Service
Title:	Book Review: At-home guide to children's sensory and behavioral problems: Quigong sensory treatment for parents and clinicians, Linda Garofallou, et al.
Date:	2024
Type:	Book Review
Author(s)/ Presenter(s):	Tolu Oyelowo
Abstract (or Book Review):	<p>Description</p> <p>The book covers the manual treatment of sensory disorders in children. There is an introduction to the specific technique described, guidelines for best results, an overview of the technique, and a problem-solving section.</p> <p>Purpose</p> <p>The purpose of the book is to provide a new perspective on sensory behaviors and problems, and to provide parents, guardians, and clinicians with an 'intervention'. The book stresses that sensory behaviors are not necessarily willful, but stem from immature sensory nervous system and regulation difficulties. These are worthy objectives given the increasing numbers of children with sensory difficulties. The book meets the objectives by providing an approach that is not solely medication focused and empowers parents with in-home strategies.</p> <p>Audience</p> <p>The book is written for parents, guardians, and practitioners. The book is suited for manual therapy practitioners. It is written in a manner that is easily understood by the lay person, while providing enough technical information for the seasoned practitioner. Both authors are QST practitioners with expertise in working with children with sensory challenges. Both are credible authorities on the subject as they have developed programs and conducted research on the subject.</p>

Features

This book is a step-by-step guide to using Qigong sensory treatments to manage sensory and behavioral problems in children. The authors introduce the concept of Qigong by providing step by step instructions on how and why the technique can work for children with sensory challenges. The best aspects of the book are the discussion of the technique, and using parents' stories to elucidate how the technique works, what to do with challenging situations, and the importance of staying the course. The parent and child assessments are important for a sustained plan as they allow for an objective evaluation over time. Pictures of the technique offered earlier in the text would have been helpful.

Assessment

This book is an easy-to-follow, step by step guide to Qigong protocols for sensory disorders. It is practical and provides parents with easy to implement methods to de-escalate a child who is exhibiting sensory and behavioral problems. There are several books in the field that either describe the Qigong technique or discuss autism and sensory disorders in children. One of those books is written by a co-author of this text. This book is easy to read, easy to use and comprehensive enough to appeal to both the lay person and the experienced practitioner. Comparable titles include ***Qigong Massage for Your Child with Autism: A Home Program from Chinese Medicine***, Silva (Singing Dragon, 2011) and ***The Ultimate Guide to Sensory Processing Disorder: Easy Everyday Solutions to Sensory Challenges***, Ostovar (Future Horizons, 2010).