

## Managing Pain in Children & Youth ECHO Education Event

### STATION #4 - DESENSITIZATION

Desensitization can be an effective way to treat hypersensitivity, especially when used in combination with other medical and/or therapeutic interventions. This technique is used to modify how sensitive an area is to particular stimuli. Over time with regular implementation and exposure to different items, touch hypersensitivity will decrease and/or normalize.

- Rub each texture around and if possible on the area that is painful or sensitive while remaining as calm and comfortable as possible.
- Rub each texture for 3 minutes for a total of 15 minute. Take breaks as needed.
- You can do desensitization while watching a show or listening to music, all the while remembering to belly breathe