

Snoezelen method in Department of Occupational Therapy

Snoezelen (Multi Sensory Environment, Sala Doświadczenia Świata) is a unique non-directory, multisensory stimulation method, realized in adequately arranged room and according to specified rules. Snoezelen characteristic feature is the double effect of relaxation and activation. Snoezelen originated in Holland in seventies as an answer to the needs of patients with profound intellectual disabilities. Nowadays Snoezelen is being used throughout the world with different groups of patients. Thanks to Snoezelen we can find new paths of reaching persons whose disabilities or other deficiencies make contact very difficult.

“Multi Sensory Environment” (MSE) is another name of the method. In Poland Snoezelen is also widely known as “Sala Doświadczenia Świata”. The author of this name is dr Agnieszka Smrokowska-Reichmann, the popularizer and forerunner of Snoezelen method in Poland, as well as the academic of University of Physical Education in Kraków and the author of the first extensive review monograph in Poland presenting Snoezelen (Agnieszka Smrokowska-Reichmann, *Snoezelen – Sala Doświadczenia Świata. Kompendium opiekuna i terapeuty*, Fundacja Rosa, Wrocław 2013).

Thanks to generosity of Foundation Rosa from Wrocław, there is now a Snoezelen Room (Sala Doświadczenia Świata) in our Department of Occupational Therapy. It enables us to work out varied research and didactics projects concerning Snoezelen method. Our Snoezelen Room is the first research and didactics study of this kind in Polish higher education.