



Do You or A Loved One Experience Challenges with Self-Regulation? **We Can Help.**

**We work with clients experiencing:**

- Sensory Processing Disorders
- Autism Spectrum Disorder
- Learning Disabilities
- Motor Coordination concerns
- Auditory Processing Disorder
- Visual Processing Disorder
- Social-emotional concerns
- PTSD
- Asperger's
- ADD/ADHD
- Stress/Anxiety
- Misophonia
- Tourette's
- Complex trauma

### What to **Expect**

● **Initial Evaluation:**

We combine your personal history and physical assessments to uncover root causes of self-regulation challenges, then design a personalized treatment plan just for you.

● **Individualized Sessions:**

Our one-on-one therapy sessions take place in a private, calming space, tailored to your goals and guided by expert therapists to help you make real progress.

● **Progress Monitoring:**

We track your progress with regular reassessments, adjusting your treatment to keep therapy effective and goal-focused.

At **SensoryWellness**, we believe in treating the **root causes** of **self-regulation challenges** by strengthening the **connection between brain and body** through a tailored blend of **specialized therapeutic techniques**.

We help clients of all ages improve emotional and behavioral regulation, enhance daily function, feel more at ease in their bodies, and strengthen their connection with loved ones.

**Take the first step** toward a more balanced, focused, comfortable life.

**Schedule your complimentary phone consultation today!**

**Call or Text: 201-421-6346**

**Email: [info@sensorywellness.com](mailto:info@sensorywellness.com)**

**[www.sensorywellness.com](http://www.sensorywellness.com)**  
Northern NJ | Rockland County NY | Brooklyn NY

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 @SensoryWellness @SWCenters



**Self-Regulation Solutions for Children, Teens, & Adults**



*Your Daily Life  
Made Easier*



# What Our Clients are Saying



**"I'm really happy to say that my therapy goals have been achieved, & my quality of life is much better." - UG**



**"SensoryWellness doesn't just provide therapy; they deliver real change.** I recommend them wholeheartedly to anyone seeking a **compassionate and effective approach to sensory challenges.**"  
- *Jacob's mom*



**"I feel more present, balanced, & at ease.** My body feels looser, & I move through life with **confidence & comfort.** SensoryWellness truly opened up a **new sense of self for me.**" - *Adam C.*



Brooklyn office

## Our Offices

<b>Northern NJ</b> 336 W. Passaic St. Rochelle Park, NJ	<b>Rockland County NY</b> 180 Phillips Hill Rd. New City, NY	<b>Brooklyn NY</b> 1222 Ave. M, Ste. 405 Brooklyn, NY
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## What Makes SensoryWellness Different?

- ✓ We create lasting change using manual neurodevelopmental therapy techniques, reflex integration, therapeutic exercises, and self-regulation strategies.
- ✓ We go beyond coping mechanisms to address the core of our client's self-regulation challenges.
- ✓ Our assessment process ensures your therapy is tailored for your unique needs.
- ✓ Every session is conducted one-on-one in a private room, ensuring a focused, distraction-free experience.
- ✓ We work with clients of all ages -It's never too late for meaningful change!

Start your journey to a calmer, more balanced life.

**Call or Text 201-421-6346**  
for your complimentary consultation!

## Meet Our Founder & Team



### Danielle Amster, OTR, Founder

With over 25 years of experience as an Occupational Therapist, a graduate degree from Columbia University, and commitment to continuous learning and research, Danielle's expertise and warmth help clients achieve meaningful, lasting change.



**Our exceptional team of highly skilled & compassionate therapists** are dedicated to empowering clients with the tools and strategies they need to achieve balance and success in their daily lives.

**“Working with Danielle Amster & SensoryWellness's bottom-up approach transformed my life. They helped me understand the root causes of my challenges & showed me they were solvable.”**

-Adam C.