

TheraMoves is proud to present Interoception, The

Eighth Sense: Solutions for Promoting Emotional Well-being, Self- regulation and Social Participation

Presented by

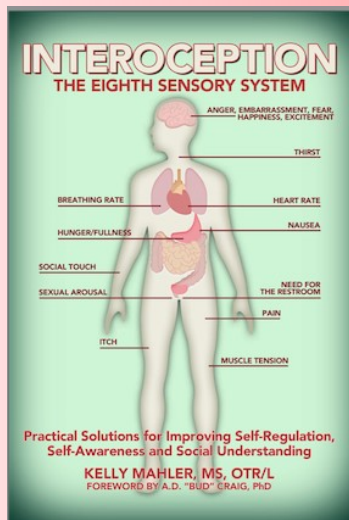
Kelly J Mahler, MS, OTR/L
International Speaker, Noted Author

When

Wednesday
December 19, 2018
8:30 AM - 4:00 PM

Where

1580 Coney Island Avenue
Brooklyn, New York



Featuring • Research on Interoception • 8th sensory system • Influence of interoception • Evidence-based strategies for assessing interoception • Strategies for building interoception • Step by step protocol for improving interoception • Self-regulation skills • Application for effective program

Many evidence-based strategies for assessing and improving interoception will be shared

Contact Info ~ 917-224-5114

INFO@THERAMOVES.COM ~ WWW.THERAMOVES.COM
INSTAGRAM @TheraMoves

Target Audience:

OT'S, OTA'S, PT'S, PTA'S, SPECIAL EDUCATORS, SLP'S MENTAL HEALTH PROVIDER, BEHAVIORISTS

Level of Instruction

INTERMEDIATE

Instructional Methods

A MIXTURE OF LECTURE, STORIES AND MANY VIDEO/ AUDIO EXAMPLES, POWERPOINT

Cost

EARLY REGISTRATION \$239
POSTMARKED NOVEMBER 22, 2018

GROUP OF 3 OR MORE \$229
POSTMARKED NOVEMBER 22, 2018

REGULAR REGISTRATION \$259

CEU'S

6 CONTACT HOURS

6 NBCOT PDUs, .6 CEUs

6 CTLE HOURS

Credits listed are offered by TheraMoves for a full day's attendance

CERTIFICATES WILL BE AWARDED

TheraMoves Occupational Therapy Services, PLLC. is approved for sponsor by NYS board for OTs and OTAs

TheraMoves Services is recognized by the NY SED's state board for PT as an approved provider for PTs and PTAs continuing education

Approved by NYSED for Continuing Teacher and Leader Education (CTLE hours)

- Refreshments will be served, Lunch is on your own
- Please contact us with any special needs requests



COURSE DESCRIPTION:

You have to know exactly how you feel in order to control it!! Interoception is an important sensory system that helps us to feel internal body signals like a full bladder, growling stomach, tense muscles or speeding heart. Research indicates that our ability to clearly notice and understand these internal body signals enables us to accurately identify and control how we feel: Are we Anxious? Getting Frustrated? Hungry? Full? In pain? Needing the bathroom? Many individuals with conditions such as autism, ADHD, depression, trauma and anxiety disorders have difficulty with interoception, causing significant challenges in identifying and managing the way they feel.

This presentation will provide participants a firm understanding of interoception including an overview of what research tells us about interoception, and how to apply this research when developing effective programming. Discussion will focus on the influence interoception has on many important aspects of life including emotional well-being, self-regulation, and social participation. Many evidence-based strategies for assessing and improving interoception will be shared.

AGENDA

- 8:30 - 9:00 What is Interoception?
- 9:00– 10:15 Interoception, Self-Regulation & Emotional Well-Being
- 10:15-10:30 *Morning Break*
- 10:30-11:00 Interoception & Social Participation
- 11:00-12:00 Assessment of Interoception
- 12:00-1:00 *Lunch Break*
- 1:00- 2:30 Strategies for Building Interoception
- 2:30 - 2:45 *Afternoon Break*
- 2:45 - 4:00 More Strategies for Building Interoception

LEARNING OBJECTIVES: AT THE END OF THIS SEMINAR

THE PARTICIPANT WILL BE ABLE TO...

- ◆ Define interoception, our 8th sensory system
- ◆ Explain the research foundations of interoception
- ◆ Describe the connection between interoception and intuitive, independent self-regulation skills
- ◆ Describe at least 2 methods for assessing interoception
- ◆ Describe at least 3 strategies for building interoception

CONTACT US

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PRESENTERS BIO:

Kelly Mahler MS, OTR/L, earned a MS in Occupational Therapy, as well as a Post-Professional Pediatric Certificate from Misericordia University, Dallas, PA. She has been an occupational therapist and autism consultant for over 16 years, serving school-aged children and adults. Kelly is also co-founder of Destination Friendship, an organization dedicated to providing multidisciplinary social skill groups within the community. Kelly is professor of Occupational Therapy at Elizabethtown College, Elizabethtown, PA. She is actively involved in several research projects pertaining to interoception. Kelly is an international speaker and presents frequently on topics related to the five books she has authored:

Interoception: The Eighth Sensory System

The Comprehensive Assessment of Interoceptive Awareness

Sensory Issues and High Functioning Autism (with Myles and Robbins) — *winner of National Parenting Publications Bronze Medal*

Destination Friendship: Developing Social Skills for Individuals with Autism Spectrum Disorders or Other Social Challenges (with Benton, Hollis, and Womer)

Hygiene and Related Behaviors for Children and Adolescents With Autism Spectrum and Related Disorders -- *winner of Mom's Choice Awards Gold Medal*

DISCLOSURE:

Financial: Kelly J Mahler, will receive a speaker's honorarium from TheraMoves Services for the presentation. Non-Financial: She has no non-financial relationships to disclose.

CANCELLATION POLICY: We reserve the right to cancel any course due to extenuating circumstances. Please do not make non-refundable travel arrangements until you contacted us &/or received confirmation that the course will be held. We are not responsible for any expenses incurred by participants if the course must be cancelled.

REFUND POLICY: A full refund less \$75 dollars administrative fee per course will be given for cancellations received up to 10 days prior to the course. After that no refunds will be given for cancellations. This policy will be waived if a replacement participant is found.