

THE RAMOVES IS PROUD TO PRESENT

INTEROCEPTION, THE EIGHTH SENSE:

Solutions for Promoting Self-Regulation, Social Participation and Emotional Well-Being in Children with Decreased Body Awareness and Poor Sense of Self

PRESENTED BY

KELLY J MAHLER, MS, OTR/L
INTERNATIONAL SPEAKER, NOTED AUTHOR

WHEN

January 8, 2020
8:15am-3:45pm

WHERE

Young Israel of Jamaica Estates
83-10 188th Street
Hollis, NY (Queens)

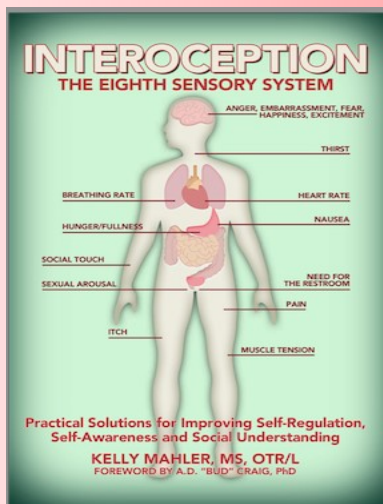
FEATURING • The latest research on interoception • New information about the 8th sensory system • Influence of interoception • Evidence-based strategies for assessing interoception • Strategies for building interoception • Step by step protocol for improving interoception • Self-regulation skill enhancement • Application for effective program integration

TO REGISTER, EMAIL INFO@THERAMOVES.COM

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*PLEASE CONTACT US WITH ANY SPECIAL NEEDS REQUESTS



TARGET AUDIENCE:

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

LEVEL OF INSTRUCTION

MIXED LEVEL

INSTRUCTIONAL METHODS

A MIXTURE OF LECTURE, VIDEO/ AUDIO EXAMPLES, CASE STUDIES, POWER-POINT PRESENTATION

COST \$249

EARLY REGISTRATION \$229
POSTMARKED DECEMBER 15, 2019

GROUP OF 3 OR MORE \$199
POSTMARKED DECEMBER 15, 2019

CEU'S 6 CONTACT HOURS

6 NBCOT PDUs, .6 CEUs
6 CTLE CONTACT HOURS

CERTIFICATES WILL BE AWARDED

Credits listed are offered by TheraMoves for a full day's attendance. Partial credit will be issued for partial attendance.



TheraMoves is an AOTA Approved Provider of continuing education. "The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA." (APP # 11168) Approved by AOTA for .6 CEU, 6 contact hours, intermediate domain of OT performance skills.

TheraMoves Services, LLC is Approved for sponsor of continued competency for **speech-language pathologists** by The State Education Department

TheraMoves Services is recognized by the NY SED's state board for PT as an approved provider for PTs and PTAs continuing education. This course qualifies for 7.2 contact hours

Approved by NYSED for Continuing Teacher and Leader Education (CTLE approval 23490)

COURSE DESCRIPTION: The first step to controlling our emotions is understanding emotions based on how they are perceived in the body. 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 with a firm understanding of interoception. The lecture will provide an overview of what the research has taught us about interoception, and explain 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.

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

AGENDA

- 8:15 - 8:45 What is Interoception?
- 8:45– 10:00 Interoception, Self-Regulation & Emotional Well-Being
- 10:00– 10:15 *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 - 3:45 More Strategies for Building Interoception

CONTACT US 347-379-1359

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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.

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