

TheraMoves is proud to present

INTEROCEPTION, THE EIGHTH SENSORY SYSTEM:

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, OTD, OTR/L

INTERNATIONAL SPEAKER, NOTED AUTHOR

WHEN

THURSDAY, OCTOBER 15, 2020

6:45PM - 9:45PM EST

WHERE

LIVE WEB CONFERENCE (will be recorded)

3 CONTACT HOURS 0.3 AOTA CEUs, 3 NBCOT PDUs. Approved for SLPs in NY, 3 CTLE Credit Hours

CERTIFICATES WILL BE AWARDED FOLLOWING THE COURSE A POSTTEST AND LEARNING OUTCOME WILL BE EMAILED, ONCE COMPLETED A CERTIFICATE OF COMPLETION WILL BE PROVIDED.

Credits listed are offered by TheraMoves for full attendance

FEE \$79, GROUPS 3+ SAVE 10%

TARGET AUDIENCE: OTs, OTAs, SLPs, PTs, PTAs, special educators, Mental Health Provider, Behaviorists, social workers

TO REGISTER EMAIL INFO@THERAMOVES.COM

VISIT WWW.THERAMOVES.COM

(347) 379-1359

INSTAGRAM [@THERAMOVES](https://www.instagram.com/theramoves)

*PLEASE CONTACT US WITH ANY SPECIAL NEEDS REQUESTS

This presentation will provide participants with an overview of what research tells us about interoception as well as how this sense influences self-regulation, behavior, mental health and social participation.

Multiple personal accounts of what it is like to live with interoception differences will be presented, including how to use these insights to maximize the independence and emotional well-being of clients. Evidence-based strategies to assess and improve interoception will also be included.

LEVEL OF INSTRUCTION

MIXED LEVEL

INSTRUCTIONAL METHODS

A MIXTURE OF LECTURE, VIDEO/ AUDIO EXAMPLES, CASE STUDIES, POWERPOINT PRESENTATION



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 .3 CEU, 3 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 3.6 contact hours

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

Approved for **Social Workers** by the NY State ED Dept. #SW-0499

COURSE DESCRIPTION:

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 interpret these internal body signals enables us to accurately identify and manage how we feel: Are we Anxious? Getting Frustrated? Hungry? Full? In pain? Needing the bathroom?

Interoception differences are very common in a variety of students including those with trauma disorders, ADHD, anxiety, depression, autism and behavioral challenges. Due to the fact that interoception differences are highly prevalent and that interoception is emerging as a key factor in the development of healthy social-emotional function, it is necessary to incorporate the sense into the supports provided.

This presentation will provide participants with an overview of what research tells us about interoception as well as how this sense influences self-regulation, behavior, mental health and social participation. Multiple personal accounts of what it is like to live with interoception differences will be presented, including how to use these insights to maximize the independence and emotional well-being of clients. **Evidence-based strategies to assess and improve interoception will also be included.**

LEARNING OBJECTIVES: AT THE END OF THIS SEMINAR THE PARTICIPANT WILL BE ABLE TO...

1. Define and understand interoception, our 8th sensory system
2. Describe the connection between interoception and Self-Regulation, Behavior, Mental Health and Social Participation.
3. Interpret results from at least 1 method for assessing interoception
4. Identify at least 3 evidence-based strategies for building interoception

AGENDA

- 6:45-7:00 What is Interoception?
- 7:00-7:45 The Vast Influence of Interoception: Impact on Self-Regulation, Behavior, Mental Health and Social Participation
- 7:45-8:15 Assessment of Interoception
- 8:15-9:30 Evidence-Based Strategies for Supporting Interoception in a Variety of Learners
- 9:30-9:45 Wrap up and Q&A

PRESENTER'S 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 \$15 dollars administrative fee per course will be given for cancellations received up to 3 days prior to the course. After that no refunds will be given for cancellations.

CONTACT US

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