

Inside Out: A Deep Dive into Interoception

Maude Le Roux, OTR/L, SIPT, ADHD-RSP, DIRFloortime
Champion and Expert Training Leader

Faculty

Maude Le Roux is a global trainer in multiple methodologies and a mentor to therapists from multidisciplinary teams. She opened her practice, A Total Approach in Glen Mills, PA, USA in 2001, and the satellite office in Allentown, PA in 2023. Maude started her training career in 2007 and opened her online academy in 2019. She has designed the Developmental Pathways Model (DPM), which she applies to her own unique assessment and intervention protocol for major diagnosis such as Dyspraxia, ADHD and Executive Functions, Autism, Reading and Writing Disorders, and Trauma and Attachment. Maude served 9 years on the Board of Directors for ATTACH and currently serves on their Advisory Board. She also serves on the Advisory Board for LSWorks (Neuralign program). She is a co-author of two books and more recently wrote a chapter on Trauma and the Body in "Healing Connections" which launched in September 2024. Maude received an award for "Continued child advocacy" through the ATTACH organization in September 2024. She also received the Champion Award through ICDL in November 2024. Maude has a "whole child" approach to care and intervention and equipping the child, while empowering the parent is at the core of who she is as a clinician and trainer.

About this Live Webinar

Interoception, our capacity to notice, interpret, and act on the internal signals of our bodies, plays a vital role in shaping human behavior, regulation, and well-being. Yet, its complexity is often misunderstood or undervalued in professional practice, particularly when viewed through narrow disciplinary lenses. This immersive two-day virtual workshop is designed to deepen understanding of interoception's intricate role within the body-brain connection. We will explore its ties to neurobiology, sensory integration, homeostasis, trauma, and Polyvagal Theory, offering both a rigorous scientific foundation and practical, actionable strategies that can be applied across a wide range of clinical and educational settings. Grounded in a trauma-informed perspective, this training balances theory with hands-on case discussions, encouraging participants to consider how interoception impacts daily function, therapeutic progress, and human connection. Attendees will engage with current neuroscience, examine the pathways of interoceptive processing within the somatosensory complex, and reflect on how safety, co-regulation, and environmental factors shape the interoceptive experience. Through a blend of didactic information sharing, real-life case vignettes, and practical tools for both assessment and intervention, this workshop invites professionals from occupational therapy, mental health, speech-language pathology, education, medicine, and allied fields to deepen their clinical reasoning and expand their toolbox.

Learning Objectives

- Analyze the role of interoception in supporting homeostasis, behavioral regulation, and modulation across contexts and daily life activities.
- Utilize interoceptive assessment tools in case scenarios for intervention planning and/or to measure progress
- Develop interoceptive profiles that inform intervention planning for improved participation in daily activities.
- Relate trauma and its impact on interoception with occupational performance, including sensory regulation and emotional well-being.
- Synthesize the relationship between interoception, Polyvagal Theory, and nervous system regulation
- Identify interventions to support interoceptive awareness and body literacy, including co-regulation strategies across practice settings.
- Integrate interoceptive assessment findings with intervention strategies through collaborative problem-solving in case-based learning.

Schedule Day 1

8:40 am - 3:30 pm EST (US)

8:40-9:00	Webinar Registration/Zoom Course Opens
9:00-10:30	Beyond Awareness - Interoception Defined
10:30-10:45	Break
10:45-12:00	Neurobiology of Interoception
12:00-12:30	Lunch
12:30-2:00	Homeostasis, Modulation, and Behavior
2:00-2:15	Break
2:15-3:30	Case Vignette Discussion with focus on Assessment

Schedule Day 2

8:40 am - 3:30 pm EST (US)

8:40-9:00	Webinar Registration/Zoom Course Opens
9:00-10:30	Interoception and the Trauma-Informed Brain
10:30-10:45	Break
10:45-12:00	Overlap with Polyvagal Theory
12:00-12:30	Lunch
12:30-2:00	Interoception, Safety, and Practical Interventions
2:00-2:15	Break
2:15-3:30	Case Vignette Discussion with focus on Intervention (for the outcome(s) of play, learning, ADL, and/or social participation)

Audience

Occupational therapists, occupational therapy assistants, physical therapists, physical therapy assistants, speech-language pathologists, educators, psychologists, social workers and counselors. Age and Patient Populations: Early childhood through adolescence and into adulthood.

Disclosure

Maude Le Roux does not have any relevant financial relationships to disclose.

Maude Le Roux does not have any relevant non-financial relationships to disclose.

ERI: Life-changing learning

You love what you do. Our courses remind you why. As a therapist, you change lives every day – and have your life changed in return. ERI is life-changing learning, for therapists by therapists.

The ERI Advantage

- Techniques you'll use the next day
- Peers who share your passion
- Renowned faculty
- Evidence-based courses that improve outcomes
- 30 years of life-changing learning

Specialty Tracks

Learn with courses throughout the lifespan – neonatal, pediatric, adult and geriatric. Each ERI specialty track is designed to make the most of your continuing education time, budget, and goals. Start your search with us and plan every course you'll take in 2026.

ERI Rewards*

Your ERI experience is more rewarding than ever:

- First course discount
- Bring a friend savings
- Group discounts
- \$100 off your 4th multi-day course

*Subject to availability. Exclusions may apply. Visit our website for details and coupon codes.

Visit educationresourcesinc.com for all your 2026 course needs.

Credits

This course meets the criteria for 11 contact hours (1.1) CEUs, Intermediate Level. To receive a certificate of completion all registered attendees are required to attend and participate fully in all applicable course activities (i.e., labs, discussions, group work, polls, post-tests with passing grade of 80% or greater etc.) and complete the evaluation form.



Education Resources Inc. is an AOTA Approved Provider of professional development. This Distance Learning-Interactive course is pending AOTA approval for 11 contact hours 1.1 CEUs. AOTA does not endorse specific course content, products or clinical procedures.

This course can be used toward your NBCOT renewal requirements for 11 units.

Approved provider of the **FL** Board of Occupational Therapy-CE Broker. This course meets the approval of the **TX** Board of OT Examiners.



Education Resources, Inc.
Intermediate Level
1.1 ASHA CEUs

ASHA CE Provider (Intermediate level) 1.1 ASHA CEUs. ASHA CE Provider approval and use of the Brand Block does not imply endorsement of course content, specific products, or clinical procedures. SLPs that require ASHA must submit your [ASHA participant form](#). Application has been made to the **FL** Physical Therapy Association.

Approved by the **MD** Board of Physical Therapy Examiners.

Application has been made to the **MN** Board of Physical Therapy.

Application has been made to the **NJ** Board of Physical Therapy Examiners.

Approved sponsor by the State of **IL** Department of Financial and Professional Regulation for Physical Therapy. Approved provider by the **NY** State Board of Physical Therapy.

Education Resources, Inc. is an approved provider for Physical Therapy CEUs in the following states: **CA, NM, OK and TX**; the assignment does not imply endorsement of specific course content, products, or clinical procedures for these.

The following state boards of physical therapy accept other states' approval: **AK, AR, AZ, DC, DE, GA, HI, ID, IN, KS, KY, MA, MI, MO, MS, NC, OR, PA, RI, SC, UT, VA, VT, WI, WY**. The following state boards of physical therapy either do not require course pre-approval or do not require CEUs for re-licensure: **AL, CO, CT, IA, ME, MT, NE, ND, NH, SD, WA**.

Education Resources, Inc. 266 Main St, Medfield, MA 02052. Please contact us with any special needs requests: info@educationresourcesinc.com or 800-487-6530.

Webinar Dates and Times

April 16 and 17, 2026

8:40 am EST • 7:40 am CST • 6:40 am MST • 5:40 am PST (US)

Registration is for both sessions. Zoom log-in instructions and course materials will be emailed/added to your ERI account 5-7 days prior to the first date of the webinar.



\$389 fee. **LIMITED ENROLLMENT.** Cancellation will be accepted until 14 days prior to the start date of the course, minus a \$75 Administration Fee. There will be **NO REFUNDS** after this 14-day deadline. Registration will be accepted after deadline on a space available basis. We encourage you to register online!

LIVE WEBINAR: Inside Out: A Deep Dive into Interoception
Maude Le Roux, OTR/L, SIPT, ADHD-RSP, DIRFloortime Champion and Expert Training Leader

April 16 and 17, 2026

Course Registration Form

Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Home Phone: _____ Work Phone: _____

Cell Phone: _____

Needed in the event of an emergency scheduling change

Email: _____

Please clearly print your email address for course confirmation

Employer: _____

Discipline: _____ Specialty: _____

How did you learn of this course? _____

Education Resources reserves the right to cancel any course due to insufficient registration or extenuating circumstances. We are not responsible for any expenses incurred by participants if the course must be cancelled.

I have read your refund policy above and understand.

Cardholder's name & billing address with zip code if different from above:

Signature _____

Amount charged _____

I hereby authorize you to charge my: VISA MC DISCOVER# _____

Exp. Date _____ CVV2 Code _____