

# Interoception, The Eighth Sense: Practical Solutions for Promoting Self-Regulation, Positive Behavior, Language Development and Social Participation

Kelly Mahler, MS, OTR/L

## Faculty

Kelly Mahler MS, OTR/L is an experienced and engaging speaker who has served as an occupational therapist for school-aged children and adults for more than 17 years. Kelly earned an MS in Occupational Therapy as well as a Post Professional Pediatric Certificate from Misericordia University, Dallas, PA and is currently a doctoral student at Misericordia University. Kelly is an adjunct faculty member in the Department 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 seven books she has authored.

Disclosure - Financial: Kelly Mahler receives an honorarium from ERI for this course.  
Non-Financial: She has no non-financial relationships to disclose.

## About this Course

Increase the effectiveness of your treatments using the latest evidence-based research on interoception. This course will help you improve your clients' functioning in self-regulation, language development, positive behavior, and social participation. Evidence-based treatment strategies to assess and improve interoception will be the focus of this course. Highlights from "The Interoception Curriculum," a step-by-step framework for improving interoception will also be included. Participants will learn how to adapt all strategies to effectively meet a variety of client needs and improve client outcomes. The strategies presented in this course are effective for use in many different settings including home, schools, community and clinic.

## Objectives

- ❶ Define and understand interoception, our 8th sensory system, as well as recent research in effectiveness
- ❷ Interpret results from at least 2 methods for assessing interoception
- ❸ Apply at least 3 strategies for building interoception to your caseload and setting
- ❹ Synthesize research foundations of interoception with the knowledge of the needs of your caseload to design a treatment plan for your clients to improve outcomes in language development, positive behavior, social participation, and independence

## Audience

Occupational Therapists, Speech and Language Pathologists, Mental Health Providers, Behaviorists, Educators, and Physical Therapists working in a variety of settings including schools, clinics, rehab, acute care (psych), group homes/residential programs, autism centers, behavioral health programs, and clinics.

## Schedule – Day 1

<b>8:00-8:30</b>	Registration/Continental Breakfast
<b>8:30-9:00</b>	What is Interoception?
<b>9:00-10:00</b>	The Vast Influence of Interoception: Therapeutic implications on self-regulation and positive behavior
<b>10:00-10:15</b>	Break
<b>10:15-11:00</b>	The Vast Influence of Interoception: Therapeutic implications on language development and social participation
<b>11:00-12:00</b>	Assessment of Interoception
<b>12:00-1:00</b>	Lunch (on your own)
<b>1:00-1:45</b>	Assessment of Interoception
<b>1:45-2:15</b>	Discussion: Adapting assessment for a variety of learning needs including populations with communication challenges
<b>2:15-2:30</b>	Break
<b>2:30-4:00</b>	Compensatory Strategies for Interoception Challenges: Examples across settings including home, school, community, rehab, and clinic

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## Schedule – Day 2

<b>8:00-8:30</b>	Continental Breakfast
<b>8:30-9:45</b>	Strategies for Developing Interoception: A Step-by-Step Framework via The Interoception Curriculum
<b>9:45-10:15</b>	Discussion: Adapting strategies for a variety of learning needs including populations with communication challenges; Incorporating interoception language into communication devices
<b>10:15-10:30</b>	Morning Break
<b>10:30-11:30</b>	A Step-by-Step Framework via the Interoception Curriculum (cont.)
<b>11:30-12:00</b>	Discussion: Applying the strategies in a multitude of settings including home, community, clinic, rehab and school; Creating buy-in from parents, professionals and clients
<b>12:00-1:00</b>	Lunch (on your own)
<b>1:00-1:45</b>	The Interoception Curriculum: Strategy for developing interoception
<b>1:45-2:15</b>	Discussion: Developing a plan to implement interoception strategies in your setting
<b>2:15-2:30</b>	Break
<b>2:30-3:30</b>	Even More (Bonus!) Strategies for Developing Interoception to enhance self-regulation, positive behavior, language development and social participation
<b>3:30-4:00</b>	Discussion: Goal writing, data collection, and other logistics

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## Credits

The course meets the criteria for 12 contact hours (1.2 CEUs) Application has been made to the **NJ** Board of PT Examiners. The **PA** State Board of Physical Therapy accepts other state board approvals.

Approved provider by the **NY** State Board of Physical Therapy for 14.4 hours



Approved provider of continuing education by the American Occupational Therapy Association #3043, for 12 contact hours - Intermediate Level Occupational Therapy Process: assessment, intervention. The assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA.



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This course is offered for up to 1.2 ASHA CEUs (Intermediate Level, Professional area)

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## Locations and Dates - 2019

Dec 3-4

Livingston, NJ

Horizon Elementary School

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\$465 fee. Group rate (3 or more) must register together for \$440. Deadline for registration is 3 weeks prior to course. Registration will be accepted after deadline on a space available basis. Cancellation accepted up until 2 weeks before course, minus an administration fee of \$75. NO REFUNDS WITHIN 2 WEEKS OF COURSE.

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**Interception/Mahler**

Dec/NJ

**Course Registration Form**

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Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

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Needed in the event of an emergency scheduling change

Email: \_\_\_\_\_

Please clearly print your email address for course confirmation

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