



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



PRESENTER

Kelly J Mahler, OTD, OTR/L

INTERNATIONAL SPEAKER,
NOTED AUTHOR



WHEN

Wednesday

January 18, 2023

8:00 am – 3:00 pm EST

LEVEL OF INSTRUCTION:

Intermediate

TARGET AUDIENCE: OTs, OTAs, PTs,
PTAs, SLPs, special educators, educators,
social workers, and mental health
professionals

INSTRUCTION METHODS: Lecture,
slides, video analysis, case studies



WHERE

Live Web Conference



FEES

\$229 Register before
December 23

\$249 After December 23

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ACCREDITATION

6 contact hours,
0.6 **AOTA** CEUs, 7.5 **NBCOT** PDUs
0.6 **ASHA** CEUs, 7.2 **NY PT** CEUs,
6.0 **NY SLP** CEUs
6.0 **CTLE** credit/contact hours,
6.0 **CEUs** for **NY** social workers

Certificates will be Awarded

*Credits listed are offered by
Theramoves for full attendance.
Partial attendance received partial
credit.*

*Learning assessment will be
completed via an online post-course
quiz and course evaluation. A score
of 70% or more is required to receive
one's certificate of completion.*

CE broker tracking # 50-31070

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:

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



ASHA CE
APPROVED PROVIDER

St. John's University - Department of
Communication Sciences and
Disorders

Intermediate Level
0.6 ASHA CEUs



American
Occupational Therapy
Association

Approved Provider

TheraMoves is an AOTA Approved Provider of professional development. Course approval ID# 05694. This distant learning-interactive course is offered at 0.6 CEUs., an intermediate educational level, in the area of occupational therapy service delivery and foundational knowledge. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

-Approved for 6 contact hours by NYSED's State Board for speech-language pathologists

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

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

-Theramoves Services, LLC is recognized by the NYSED's State Board for PT as an approved provider of PT & PTAs CEUS (7.2 contact hours)

AGENDA

- 8:00 - 8:30 What is Interoception?
- 8:30– 10:00 Interoception, Self-Regulation & Emotional Well-Being
- 10:00– 10:10 Morning Break
- 10:10-10:55 Interoception & Social Participation
- 10:55-11:55 Assessment of Interoception
- 11:55-12:35 Lunch Break
- 12:35- 1:35 Strategies for Building Interoception
- 1:35 – 1:45 Afternoon Break
- 1:45 - 3:00 More Strategies for Building Interoception

PRESENTER'S BIO

Kelly Mahler OTD, OTR/L, earned a Doctorate in Occupational Therapy from Misericordia University, Dallas, PA. She has been an occupational therapist for 19 years, serving school-aged children and adults. Kelly is winner of multiple awards including the 2020 American Occupational Therapy Association Emerging and Innovative Practice Award. She is an adjunct faculty member at Elizabethtown College, Elizabethtown, PA and is a co-principal investigator in several research projects pertaining to topics such as interoception, self-regulation, trauma & autism. Kelly is an international speaker and presents frequently on topics related to the ten resources she has authored including *The Interoception Curriculum: A Step-by-Step Framework for Developing Mindful Self-Regulation*.

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.

Please contact the office with any special need requests

REFUNDS & CANCELLATIONS: A full refund less \$75 dollars administrative fee per course will be given for cancellations received up to week prior to the course. After that, no refunds will be given for cancellations. We reserve the right to cancel any course due to extenuating circumstances. Please do not make non-refundable arrangements until you contact us &/or receive confirmation that the course will be held. We are not responsible for any expenses incurred by participants if the course must be cancelled.