

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



Tracking #50-31070



PRESENTER

Kelly J Mahler, OTD, OTR/L

International Speaker,
Noted Author



WHEN

Thursday

January 4, 2024

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

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ACCREDITATION

6 contact hours

0.6 AOTA CEUs, 7.5 NBCOT PDUs

0.6 ASHA CEUs

7.2 NY PT contact hours

0.6 CEUs for NY SLPs

6.0 CTLE credit/contact/clock hours

0.6 CEUs for NY social workers

Certificates will be awarded

- Credits listed are offered by Theramoves for full attendance.
- ASHA partial credits **will not be awarded** for this webinar.
- Attendance is tracked automatically by the online platform "GoTo".
- Learning assessment will be completed via an online post-course quiz. Passing a multiple choice with 70% accuracy within 1 week is required to receive your certificate of completion.

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



Theramoves Services, LLC

Intermediate Level
0.6 ASHA CEUs



- 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.
- TheraMoves Services, LLC is Approved for sponsor of continued competency for speech-language pathologists by The State Education Department
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- Approved for Social Workers by the NY State ED Dept. #SW-0499
- Theramoves Services, LLC. is recognized by the NY State Education Depart, State Board for Physical Therapy as an approved provider for PT & PTA continuing education. This webinar qualifies for 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 Mahler will receive a speaker's honorarium from TheraMoves Services for the presentation. Kelly has intellectual property rights from her company Mahler Occupational Therapy for products discussed at the course. Dr. Mahler has no nonfinancial relationships to disclose.

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