



**Interoception, The Eighth Sense: A Practical
Evidence-based Approach to Developing
Self-regulation, Behavior, Language and
Social Participation**

VIRTUAL CONFERENCE

Thursday and Friday • Oct. 21 and 22, 2021

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**Children's Hospital
of Philadelphia**

Breakthroughs. Every day.

COURSE OVERVIEW

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 clients' 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.

THIS COURSE IS BEING CO-SPONSORED BY POTA



COURSE OBJECTIVES

Upon completion of this program, the participant will be able to:

1. Define and understand interoception, our 8th sensory system, as well as recent research in effectiveness
2. Interpret results from at least two methods for assessing interoception
3. Apply at least three strategies for building interoception into your caseload and setting
4. Synthesize research foundations of interoception with the knowledge of the needs of your caseload
5. Design treatment plans for your clients to improve outcomes in language development, positive behavior, social participation, and independence

TARGET AUDIENCE

This course is designed for occupational therapists, speech-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, and behavior health programs.

REGISTRATION FEES AND GENERAL INFORMATION

The registration fee includes course registration, livestream access to the conference and access to view presentation materials online. For questions, please email CMEoffice@chop.edu

REGISTRATION FEES\$325

AOTA Members receive 10% discount.... **\$293**

(Email for Promo code – CMEoffice@chop.edu)

REGISTER ONLINE: CHOP.CLOUD-CME.COM

OCCUPATIONAL THERAPY ACCREDITATION



Approved Provider

Children's Hospital of Philadelphia is an approved provider of continuing education by the American Occupational Therapy Association Inc. 12 contact hours or 1.2 AOTA CEUs will be awarded to participants at the completion of the program. Assignment of AOTA CEUs does not imply endorsement of specific course content, products or clinical procedures by AOTA. Approved Provider Number: 4878. Appropriate for Intermediate-level Occupational Therapists. Course falls under category of occupational therapy process.

A post-test completion is required for CEU obtainment.

POTA/AOTA member discount – please email CMEOffice@chop.edu for promo code.

PHYSICAL THERAPY ACCREDITATION

This course has been submitted for Pennsylvania approval. This course is appropriate for physical therapists and physical therapy assistants.

CANCELLATION AND REFUND POLICY

Children's Hospital of Philadelphia reserves the right to cancel or postpone any course due to any unforeseen circumstances. In the event of cancellation or postponement, the Hospital will refund registration fees. In order to process refunds, cancellations must be received in writing by Monday, Oct. 11, 2021. No refunds will be issued thereafter.

COURSE DIRECTOR

Meghan Burkhardt, MS, OTR/L, BCP

Education and Development Coordinator

Pediatric Occupational Therapy Fellowship Coordinator

Children's Hospital of Philadelphia

COURSE FACULTY

Kelly Mahler, OTD, OTR/L

Doctorate in Occupational Therapy from Misericordia University, Dallas, PA. She has been an occupational therapist for 18 years, serving school-aged children and adults.

Mahler is a winner of multiple awards including the 2020 American Occupational Therapy Association Emerging and Innovative Practice Award and a Mom's Choice Gold Medal. She is an adjunct faculty member in the Department of Occupational Therapy at Elizabethtown College, Elizabethtown, PA, and is actively involved in several research projects pertaining to topics such as interoception, self-regulation, trauma and autism.

PROGRAM • THURSDAY, OCT. 21, 2021

- 8 a.m.** **What is Interoception?**
- 9 a.m.** **The Vast Influence of Interoception: Therapeutic Implications on Self-regulation and Positive Behavior**
- 10 a.m.** **Break**
- 10:15 a.m.** **The Vast Influence of Interoception: Therapeutic Implications on Language Development and Social Participation**
- 11 a.m.** **Assessment of Interoception**
- 12:15 p.m.** **Lunch Break**
- 1:15 p.m.** **Assessment of Interoception**
- 2:15 p.m.** **Break**
- 2:30 p.m.** **Compensatory Strategies for Interoception Uncertainty**
- 4:30 p.m.** **Adjourn**

PROGRAM • FRIDAY, OCT. 22, 2021

- 8 a.m.** **Strategies for Developing Interoceptive Awareness:
A Step-by-Step Framework via The Interoception Curriculum**
- 10 a.m.** **Break**
- 10:15 a.m.** **Strategies for Developing Interoceptive Awareness:
A Step-by-Step Framework via The Interoception Curriculum**
- 12:30 p.m.** **Discussion: Developing a Plan to Implement Interoception Strategies in Your Setting – Goal Writing, Data Collection and Other Logistics**
- 1:15 p.m.** **Conference Adjourns**