

Interoception, The 8th Sense: Impact on Self-Regulation

Presented by Kelly Mahler, OTD, OTR/L

Hosted by: UF-Gainesville CARD

About the Presenter

Kelly earned a Doctorate in Occupational Therapy from Misericordia University, Dallas, PA. She has been an occupational therapist for 18 years, serving school-aged children and adults. Kelly is the 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 & autism. Kelly is an international speaker and presents frequently on topics related to the twelve resources she has authored including: The Interoception Curriculum: A Step-by-Step Framework for Developing Mindful Self-Regulation—winner of Mom's Choice Award Gold Medal; Interoception Activity Cards; My Interoception Workbook: A Guide for Adolescents, Teens and Young Adults; Interoception: The Eighth Sensory System; The Comprehensive Assessment of Interoceptive Awareness

Training Description

TARGET AUDIENCE:

Educators, Administrators, SLP'S, OT'S, PTS, & Family members

Interoception is an important sensory system that helps us to feel internal body signals like a full bladder, growling stomach, tense muscles, or a speeding heart. Research indicates that our ability to clearly notice and interpret these internal body signals enables us to accurately identify and manage how we feel: Are we anxious? Getting frustrated? Hungry? Full? In pain? Needing the bathroom? Many people including some autistics, have unclear inner experiences, making it difficult to understand their body signals and emotions. Given this, it is beneficial to use supports that help each person gain an awareness and understanding of their own unique inner experiences. This presentation will provide participants with an overview of what research tells us about interoception as well as how this sense influences self-regulation, behavior, and mental health. Evidence-based strategies to assess and improve interoception will also be included.

Training Objectives

Participants will be able to:

- Define Interoception and describe the impact this sense has on self-regulation.
- Identify at least 1 method of assessing interoceptive awareness.
- Identify at least 2 strategies for nurturing interoceptive awareness.
- Identify specific tools to address the needs of children with mental health challenges.

Date:

June 22, 2021

8:30am – 11:30 am EST

Location:

Zoom

Registration Deadline:

June 22, 2021

Limited to first 500 participants

Register Online:

[Register here](#)

Registration is mandatory.

For more information contact:

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Be sure to contact your ESE District Staff or Staff Development Contact to determine the process for receiving in-service.