

Interoception

Help children be grounded and connected through internal body awareness. (Practical applications + the cutting-edge science behind them!)

About this Course

Course Description

What sense gives you information about **what's happening everywhere in your body** - yet doesn't have a particular sense organ **anywhere** in your body?

What sense directly impacts your ability to **self-regulate, be aware of your emotions and make wise decisions**?

Interoception.

Interoception, the hidden 8th sense that enables us to consciously perceive internal body signals, is **critical for healthy day-to-day functioning**. When interoception is **not** working well, it has negative ramifications for everything from **self-control to awareness of when you're hungry (or full) to social tact**.

Interoception inadequacies are often behind our children's challenges - and **can adversely affect the effectiveness of the therapy** or interventions that we provide.

This course is an empowering journey into understanding interoception: how it works, what it affects and **how you as a therapist or educator can positively affect its development**. We'll discover the Vagus nerve, the autonomic nervous system foundation for interoception, and **explore when and how things can go wrong**. You'll come out with **practical applications for assessing children and designing interventions** to address interoceptive deficits.

Interoception: Body Awareness from the Inside Out is a **foundational course that will impact every aspect** of your therapeutic, educational and other work with children.

(Note: Although ASHA is not listed in the Educational Credits section below, ASHA credits can be arranged with advance request. If you would like to receive ASHA credits for this course, contact us **before** course purchase at register@handsonapproaches.com.)

Fee: \$345

- When: On Demand
- Time: 6 hours
- Where: On Demand
- Speaker: Maude Le Roux, OTR/L, IMC, SIPT, CTC, DIR-FT Expert Trainer
- Course Level: Intermediate
- Target Audience: Occupational Therapists, Physical Therapists, Speech Language Pathologists, Educators, Psychologists, Social Work professionals, Parents

Meet the Presenter

Maude Le Roux, OTR/L, IMC, SIPT, CTC, DIR-FT Expert Trainer

Maude Le Roux is an occupational therapist with an extensive following of professionals across the globe. She completed the SIPT training in 2002 and Sensory Integration forms the foundation from which she continues to develop different tracks of assessment and intervention.

Maude is certified in multiple different techniques that she applies uniquely through her Developmental Pathways Model (DPM). She completed a 15-hour course on the Polyvagal Theory through Deb Dana as well as included Kelly Mahler's work in her practice for the past 4 years.

Maude owns and directs a clinical practice in Glen Mills, PA, where she has a team of dedicated professionals, many of whom had been with her over 10 years as well as being with her since inception of her practice in 2001. Her requirement for practice is a warm, embracing atmosphere operated through clinical expertise and professionalism that will provide quality of care to all entering her practice.

Maude gives back to her community by serving on different boards and currently serves on the Board of Directors for ATTACH, a national organization dedicated to serve families and children with attachment related difficulties and trauma informed care. She co-authored the book "Our Greatest Allies" in 2011 with Lauren O'Malley describing the journey of one autistic child.

Disclosure: Maude Le Roux receives a speaking fee for her presentation and is owner of the clinic A Total Approach. She has no relevant non-financial relationships to disclose.

Learning Objectives

- Describe 5 significant markers of interoception.
- List 3 major factors to consider with regards to interoception and social-emotional functioning.
- Discuss the overlap between Polyvagal theory and interoception.
- Identify 3 tools to support assessment of interoception.
- Demonstrate multiple techniques with regards to interoception in the therapist toolbox.

Educational Credits

Hands on Approaches, Inc. is an AOTA Approved Provider of continuing education. AOTA does not endorse specific course content, products, or clinical procedures.

Approved by AOTA for 0.6 CEUs.

Recognized by NYSED State Board for PT as an approved provider of PT and PTA continuing education. Approved for 6 contact hours.

Recognized by NYSED State Board for social workers as an approved provider of social workers continuing education. Approved for 6 contact hours.

Application has been made to NJBTE for CE Approval.

Tentative Schedule

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| Interoception, Insula and the Brain | 90 Minutes |
| Break | 15 Minutes |
| Application of the Polyvagal Theory | 105 Minutes |
| Lunch | 45 Minutes |
| Assessment | 60 Minutes |
| Intervention | 60 Minutes |
| Break | 15 Minutes |
| Intervention | 45 Minutes |

