



About Kelly Mahler

Kelly Mahler MS, OTR/L, earned an MS in Occupational Therapy as well as a Post-Professional Pediatric Certificate from Misericordia University, Dallas, PA. She is currently a doctoral student at Misericordia University. Kelly has been an occupational therapist for 18 years, serving school-aged children and adults. Kelly is an adjunct faculty member in the Department of Occupational Therapy at Elizabethtown College, Elizabethtown, PA.

Author of eight, award winning resources including:

- **Interoception:** The Eighth Sensory System
- **The Interoception Curriculum:** A Step-by-Step Guide to Developing Mindful Self-Regulation



Occupational Therapy Practitioners/ Occupational Therapy Assistants:

The Spiral Foundation is an Approved Provider of Continuing Education for occupational therapists and occupational therapy assistants by the American Occupational Therapy Association. The assignment of AOTA CEUs does not imply endorsement of a specific course content, products, or clinical procedures by AOTA.

Trauma & Attachment SYMPOSIUM

www.thespiralfoundation.org

Interoception: The Eighth Sense

www.cutchins.org

with Kelly Mahler

May 14-15, 2020

To Learn More

Rowen Gray,
Event Coordinator

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Hosted by
The Spiral Foundation
in collaboration with
**Cutchins Programs for Children
& Families Inc.**

Trauma & Attachment SYMPOSIUM

What is Interoception?

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. It is emerging as a key factor in the development of healthy social-emotional function and underlies specific skills such as self-regulation, positive behavior, attachment, healing from trauma, language development and social participation.

" I want to **inspire** people to **think differently, dig deeper and discover** what is at the root cause of the behaviors we may observe. If we can do this, I believe that we can provide more effective, meaningful supports **so that our clients, students, and loved ones can flourish.**"

-Kelly Mahler MS, OTR/L

The Course

Interoception, The Eighth Sense:
Practical Solutions for Promoting Self-Regulation, Positive Behavior, Attachment, and Healing from Trauma

- Create a paradigm shift and increase the effectiveness of your treatments using the latest evidence-based research on interoception. This course will help you improve your clients' functioning in some of the following areas: emotional awareness, self-regulation, language development, positive behavior, attachment and healing from trauma.

Schedule Overview

- **What is Interoception?**
- **Vast Influence of Interoception & Therapeutic Implications on:** Self-Regulation, Positive Behavior, Social Participation, Attachment, and Healing from Trauma
- **Assessment of Interoception**
- **Compensatory Strategies of Interoception**
- **Strategies for Developing Interoception:** A Step-by-Step Framework
- **Discussion:** Adapting Strategies to Meet a Variety of Learning Needs
- **Open Q & A**

Ticket Costs

Early Bird- By April 15, 2020

- **Individual:** \$335
- **Students:** \$265
- **Groups of 3+:** \$265

After April 15, 2020

- **Individual:** \$379
- **Students:** \$299
- **Groups of 3 or More:** \$299

Continuing Education Credits*

- **Added \$25 per person**
*OT CEU approved; Applications in process for SW & LMHC CUES

Event Details

Location:

Hadley Farms Meeting House
41 Russell Street
Hadley, MA 01035

Time: 8:30-5:00 pm, daily

To Register, please visit:

<https://trauma-and-attachment-symposium.cutchinsprograms.eventbrite.com>