

Trauma & Attachment SYMPOSIUM

Interoception: The Eighth Sense
with Kelly Mahler

Hadley Farms Meeting House | May 14-15, 2020

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



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 specific course content, products, or clinical procedures by AOTA.

Trauma & Attachment **SYMPOSIUM:**

Course Title and Presenter

- **Interoception, The Eighth Sense:** Practical Solutions for Promoting Self-Regulation, Positive Behavior, Attachment, and Healing from Trauma
- **Presenter:** Kelly Mahler, MS, OTL/R

Description

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 support healing from trauma. 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 client needs and improve client outcomes. The strategies presented in this course are effective for use in many different settings including home, schools, community and clinics.

Symposium Hosts

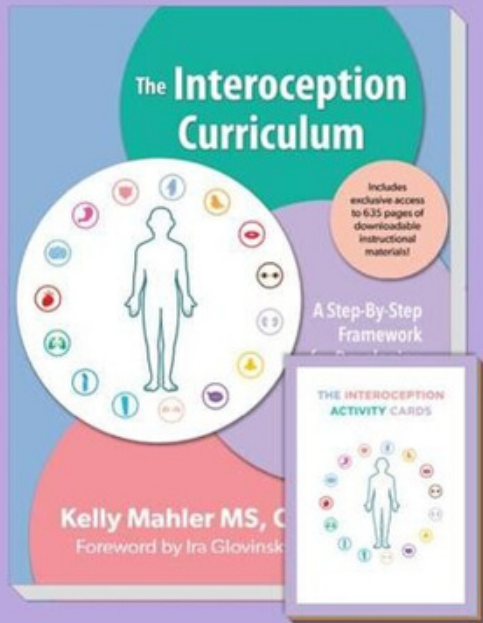
The Spiral Foundation:

The Sensory Processing Institute of Research and Learning – or SPIRAL – Foundation is a nonprofit organization founded in 2001 by Dr. Jane Koomar and Anne Trecker, and our for-profit sister organization OTA the Koomar Center. Our mission, as it was then, is to conduct research and provide professional and community education about sensory integration and sensory processing dysfunction. To learn more: www.thespiralfoundation.org

Cutchins Programs for Children & Families Inc:

For over 40 years, Cutchins Programs has provided the highest quality of therapeutic and educational services to children and families who struggle with the impact of trauma and mental health challenges. Cutchins Programs specializes in treating trauma in children, sensory processing disorders, co-occurring emotional and autism spectrum disorders. To learn more: www.cutchins.org





2020 Presenter- 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 where she is currently a doctoral student. Kelly has been an occupational therapist for 18 years, serving school-aged children and adults. She is an adjunct faculty member in the Department of Occupational Therapy at Elizabethtown College, Elizabethtown, PA as well as in the Department of Occupational Therapy at Misericordia University. Kelly is a co-principal investigator multiple research projects pertaining to topics such as interoception, trauma, autism and social skill development. She is winner of the 2020 AOTA Emerging and Innovative Practice Award and is an international speaker, presenting frequently on topics related to the eight, award-winning resources she has authored, including:

- **The Interoception Curriculum: A Step-by-Step Guide to Developing Mindful Self-Regulation-** *winner of Mom's Choice Award*
- **Interoception: The Eighth Sensory System**

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. 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?

Interoceptive differences are very common in variety of individuals including those with autism, trauma and attachment disorders, sensory processing disorder, ADHD, anxiety, depression and behavioral challenges causing significant difficulty in identifying and managing the way they feel. Interoception 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.

Trauma & Attachment SYMPOSIUM:

Event Details

Ticket Costs

Early Bird (Before April 15th)

- **Individual:** \$335.00
- **Student:** \$265.00
- **Groups of 3+:** \$265.00

After April 15th

- **Individual:** \$379.00
- **Student:** \$299.00
- **Groups of 3+:** \$299.00

Continuing Education Credits: Added \$25.00 pp

Registration

- **EventBrite:** <https://trauma-and-attachment-symposium-cutchinsprograms.eventbrite.com>
- **Facebook:** www.facebook.com/events/1321742058013165
- **By Email:** Rowen Gray- rgray@cutchins.org

Symposium Location

Hadley Farms Meeting House: 41 Russell St., Hadley, MA 01035

Lodging Accommodations

- **Hampton Inn- Hadley/Amherst**

24 Bay Rd., Hadley, MA 01035

Phone: (413) 586-4851

**Located next to the Hadley Farms Meeting House. Offering a 12% discount to Symposium attendees. Email rgray@cutchins.org for discount code.*

- **Homewood Suites**

340 Russell St., Hadley, MA 01035

Phone: (413) 586-4851

**3.3 miles away*

- **Hotel Northampton**

36 King St., Northampton, MA 01060

Phone: (413) 583-3100

**2.2 miles away*

- **Quality Inn & Suites**

117 Conz St., Northampton, MA 01060

Phone: (413) 341-1461

**3.6 miles away*

- **The Ellery**

259 Elm St., Northampton, MA 01060

Phone: (413) 584-7660

**3.6 miles away*

Daily Schedule

Day One May 14, 2020

8:00- 8:30	Registration
8:30- 9:00	What is Interoception?
9:00- 10:00	The Vast Influence of Interoception: Therapeutic Implications on Self-Regulation and Positive Behavior
10:00- 10:15	Morning Break
10:15- 11:00	The Vast Influence of Interoception: Therapeutic Implications on Language Development, Social Participation; Supporting Attachment and Healing from Trauma
11:00- 12:00	Assessment of Interoception: Do, Learn and Discuss
12:00- 1:30	Lunch Break* *Not provided, participants will travel off-site
1:30-2:15	Assessment of Interoception: Do, Learn and Discuss
2:15-2:45	Discussion: <ul style="list-style-type: none">• Topic 1: Adapting assessment for a variety of learning needs, including populations with communication challenges• Topic 2: Evaluation Reports & Goal Writing in the Trauma World
2:45- 3:00	Afternoon Break
3:00- 4:00	Compensatory Strategies for Interoception Challenges: Embedding Across Settings, Including Home, School, Community, Rehab, and Clinics
4:00- 4:30	Final Discussion, Q&A

Daily Schedule

Day Two May 15, 2020

8:00- 8:30	Sign-In
8:30- 10:00	Strategies for Developing Interoception: A Step-by-Step Framework via the Interoception Curriculum- Do, Learn and Discuss
10:00- 10:15	Discussion: Adapting strategies to meet a variety of learning needs
10:15- 10:30	Morning Break
10:30-12:00	Strategies for Developing Interoception: A Step-by-Step Framework via the Interoception Curriculum- Do, Learn and Discuss
12:00- 1:30	Lunch Break* *Not provided, participants will travel off-site
1:30-2:45	Strategies for Developing Interoception: A Step-by-Step Framework via the Interoception Curriculum- Do, Learn and Discuss
2:45-3:00	Afternoon Break
3:00-4:00	Strategies for Developing Interoception: A Step-by-Step Framework via the Interoception Curriculum- Do, Learn and Discuss
4:00- 4:30	Final Discussion, Q&A

Important Notes

- In order to receive a **Certificate of Completion, Continuing Education Credits, or Contact Hours** participants **MUST ATTEND 80%** of this two-day learning activity. **Participants must also complete a Program Evaluation** which will be sent via email within 10 business days.
- **Occupational Therapists and Occupational Therapy Assistants will receive pro-rated AOTA CEUs if they do not attend the full conference.**

Learning Objectives

After this learning activity, participants will be able to:

1. Define and understand interoception, our 8th sensory system, as well as recent research in effectiveness.
2. Synthesize research foundations of interoception and describe the impact it has on self-regulation, emotional well-being, positive mental health, and the recovery process.
3. Interpret results from at least 2 methods for assessing interoception.
4. Adapt at least 3 strategies for building interoception to your caseload and setting.
5. Synthesize research foundations of interoception to design a treatment plan for your clients to improve outcomes in language development, positive behavior, social participation, attachment, and healing from trauma.

Education Level

This course is geared toward an intermediate level of education; more specifically to practitioners with a working knowledge of current practice trends and literature related to trauma and attachment. The focus of this course is on increasing understanding and competent application of the subject matter. There are no prerequisites for this course.

Target Audience

This educational activity is designed for:

- Occupational Therapists
- Occupational Therapy Assistants
- Mental Health Professionals
- Physical Therapists
- Child and Adult Serving Professionals and Paraprofessionals
- Educators Speech and Language Pathologists
- Medical, Emergency Responders, and/or Forensic Professionals
- Community Service Providers
- Military Providers
- Members of Community Organizations
- Organizational Leaders
- Citizens Providing Community Services
- Faith-Based Providers
- Family and Caregivers

Course Details

Populations

The work presented in this course is appropriate for clients aged preschool through adulthood. Although research shows that improving interoception is good for all of us, it is particularly helpful for individuals with conditions such as:

- Trauma Disorders
- Anxiety Disorders
- Eating Disorders
- Depression
- ADHD
- Self-Harm and/or Suicidal Risk
- Tourette Syndrome
- Oppositional Defiant Disorder
- Other Behavioral Disorders

Instructional Methods

This educational activity will be a **mix of lecture, discussion, case studies, and many video/audio examples** for case analysis and problem solving. Interactive and hands-on activities will be provided.

Continuing Education Credits

AOTA Continuing Education Credits

This course is worth **12 contact hours** or **1.2 AOTA CEUs** for Occupational Therapists and Occupational Therapy Assistants.

- [AOTA Classification Codes](#)- Domain: Client Factors, Process: Intervention

For questions regarding AOTA CEUs, please contact:

- **Rachel Benson**
Email: admin@thespiralfoundation.org

LMHC Continuing Education Credits

Application for **MaMHCA continuing education credits** has been submitted. Please contact Rowen Gray at rgray@cutchins.org or (413)-584-1310 x. 338 for the status of LMHC CEU credits.

SW Continuing Education Credits

Application for **NASW-MA continuing education credits** has been submitted. Please contact Rowen Gray at rgray@cutchins.org or (413)-584-1310 x. 338 for the status of SW CEU credits.

Course Details

Notice of Acceptance

Upon the completion of online registration and payment, applicants will receive a confirmation email from the event coordinator.

Refund and Cancellation Policy

- **Cancellation by Learners:** Registration payment is non-refundable. If cancellation is due to extenuating circumstances, the cancellation policy may be negotiated with the Provider.
- **Cancellation by Provider:** Participants will be immediately notified via email and the cancellation will be publicized on the event website. Participants will be given a choice of: a full refund, a voucher to use at another activity, or a voucher for the same activity at a later date.
- **Questions** regarding these policies should be addressed to:

Accessibility/ Special Needs Requests

Our symposium site, Hadley Farms Meeting House, is an accessible, barrier-free location. Reasonable accommodations can be made for individuals with visual and/or hearing impairments if needed.

If you have a special needs request, please contact Rowen Gray at rgray@cuthins.org to arrange accommodations in advance for this event.

Complaint Resolution

If you would like to issue a complaint in regards to any aspect of this event prior to the start date of the event, please contact Rowen Gray at rgray@cuthins.org. You will receive a notification that we have received your complaint, and your complaint will then enter our complaint procedure process for full review.