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INTEROCEPTION, THE 8TH SENSE: The Science of How We Each Uniquely Feel

SPEAKER: KELLY MAHLER, OTD, OTR/L

April 24, 2024 | 11:00 am - 2:10 pm Eastern Time

ZOOM - INTERACTIVE WEBINAR

PACIFIC	MOUNTAIN	CENTRAL	EASTERN
Start Time: 8 am	Start Time: 9 am	Start Time: 10 am	Start Time: 11 am

This Webinar will replay as a recording on April 27 beginning at 11 am Eastern Time. This is not a recording that can be downloaded and replayed at your own pace. All registered attendees will receive a link to the live webinar and a link to the recording replay on Saturday. Full attendance will be taken during the replay and will still qualify you for a certificate of attendance and other professional development opportunities listed. "Live" Q&A feature with speaker will not be available, however you will have the ability to use "chat" feature to interact with other participants. Same registration process for both the live and the recording replay.

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? Needing the bathroom? Interoception barriers are very common in a variety of students including neurodivergent students and also students with anxiety, depression, and "behavioral challenges". Additionally, trauma has been found to significantly impact the inner interoceptive experience, making this topic a very important consideration as we collectively move forward from the COVID-19 pandemic.

This course will provide an overview of what the latest research tells us about interoception as well as how this important sense influences our ability to recognize, understand, regulate, and/or communicate how we feel. An evidence-based framework for supporting interoception connection will be shared, including multiple strategies for nurturing the 3 main aspects of interoceptive awareness: body, emotion, action.

LEARNER OBJECTIVES:

1. Generate a description of interoceptive awareness to share with colleagues, students, families and other stakeholders.
2. Identify at least 3 strategies that support the development of interoceptive awareness.
3. Explain the importance of a 3-part approach to nurturing interoceptive awareness.

If you require special assistance, please contact AEP Connections to inform them of your special needs by emailing: info@aepconnections.com or calling: 833.237.2668



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WHO SHOULD ATTEND?

Special Education teachers, Speech-Language Therapists, OTs, counselors, general education teachers, administrators, psychologists, psychiatrists, social workers, PTs, principals, nurses, parents, and anyone who works with someone on the autism spectrum, ADHD, executive functioning difficulties, or other neurodivergent learning needs. This conference is open to anyone who wishes to attend and will cover content applicable for Preschool - Grade 12.

COURSE SCHEDULE *(All times are Eastern Time)*

11:00 am - 12:30 pm Content

12:30 pm - 12:40 pm **Break**

12:40 - 2:10 pm Content (Q and A if time permits)



KELLY MAHLER, OTD, OTR/L

SPEAKER BIOGRAPHY

Kelly Mahler OTD, OTR/L, earned a Doctorate in Occupational Therapy from Misericordia University, Dallas, PA. She has been an occupational therapist for 20 years, serving school-aged children and adults. Kelly is winner of multiple awards, including the 2020 American Occupational Therapy Association Emerging and Innovative Practice Award & a Mom's Choice Gold Medal. She is an adjunct faculty member at Elizabethtown College, Elizabethtown, PA as well as at Misericordia University, Dallas, PA. Kelly is a co-principal investigator in several research projects pertaining to topics such as interoception, self-regulation, trauma & autism.

Financial: Kelly Mahler, OTD, OTR/L will receive a speaker's honorarium from AEP Connections for this presentation. Kelly has intellectual property rights from her company Mahler Occupational Therapy for products discussed at the course.

Non financial: Kelly Mahler, OTD, OTR/L has no nonfinancial relationships to disclose.

Webinar will replay as a recording on April 27 beginning at 11 am Eastern with same agenda.



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PROFESSIONAL DEVELOPMENT OFFERED:

1. **CERTIFICATE OF ATTENDANCE** 3 clock hours for the day. Attendance will be confirmed via Zoom log in/log out
2. **NBCC** AEP Connections, LLC has been approved as an NBCC-Approved Continuing Education Provider ACEP No. 7173. Programs that do not qualify for NBCC credit are clearly identified. AEP Connections, LLC is solely responsible for all aspects of the programs. This workshop offers 3 NBCC clock hours.
3. **ASWB** AEP Connection, LLC, #1332, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit AEP Connections, LLC maintains responsibility for this course. ACE provider approval period: 1/27/2022-1/27/2025. Social workers completing this course receive 3 continuing education credits. A course evaluation with additional post test questions is required for satisfactory completion.
4. **AOTA** - AEP Connections, LLC is an AOTA Approved Provider of professional development. Course approval ID 08409. This distance learning – interactive is offered for up to .3 CEUs (3 contact hours). Introductory, OT Service Delivery. AOTA does not endorse specific course content, products, or clinical procedures. A course evaluation with additional post test questions is required for satisfactory completion.
5. **ASHA** - Provider approval and use of the Brand Block does not imply endorsement of course content, specific products or clinical procedures. Full attendance and a course evaluation are required.
6. **NASP** - AEP Connections is approved by the National Association of School Psychologists to offer continuing education for school psychologists. AEP Connections maintains responsibility for the program. NASP Approved Provider #1165. A code to access the course evaluation will be provided in segments throughout the webinar, to ensure full participation. Full attendance and a course evaluation is required for satisfactory completion.



ASHA CE
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Introductory Level

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Professional Development**



American
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Association



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REGISTRATION FORM

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ONLINE REGISTRATION | Available for credit card transactions at: aepconnections.com

CHECK OR PURCHASE ORDERS: Please send completed registration form via mail, email or fax.
Purchase orders must accompany registrations.

Name: _____ School District: _____
 Address: _____ City: _____
 State: _____ Zip Code: _____ Phone: _____
 Email: _____

Confirmations and communications will be sent by email. Please print email clearly.

REGISTRATION COST

EARLY BIRD \$89
(Register on or before March 15, 2024)

REGULAR PRICING \$109
(Register after March 15, 2024)

*Call for Group Rates (defined as 10 or more, rates decrease as group gets larger)
 Register group by phone or email.*

Early bird registration - \$89 Regular Price registration - \$109 \$ _____
 Total Paid: \$ _____

AEP Connections | P.O. Box 286, Roscoe, IL 61073
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CANCELLATION POLICY: More than 45 days before the first day of the conference: Full Refund, less a \$25 processing fee. Less than 45 days, but more than 14 days before the first day of the conference: Credit towards a future conference or a substitute may be sent in your place, with prior approval by AEP Connections, LLC. Less than 14 days before the first day of the conference: No Refunds. AEP Connections reserves the right to substitute speakers in the event of a speaker cancellation. AEP Connections reserves the right to change "live in person" conference to a "Live-stream" webinar in the event of weather, pandemic, Acts of God, national or local guidelines. Our refund policy applies to all registration payments including those by purchase order.