



TO: Administration, Resource / Learning Centre Teachers, TAs, Community of Schools, Autism NS

FROM: Student Services Team

DATE: March 21, 2017

RE: Interoception: Kelly Mahler

Interoception is an extremely important sensory system that helps us to ‘feel’ the internal signals within our body. For example, the interoceptive system helps us feel internal states including: hunger, thirst, needing the bathroom, pain, body temperature, sexual arousal, heart rate and muscle tension. Additionally, interoception is a key component to our emotional experience. Research indicates that interoception, or our ability to clearly sense body signals, like an increase in heart rate or tingly stomach, enables us to accurately identify, understand and control our emotions.

This presentation will provide teachers, therapists, TAs, and parents a firm understanding of interoception including an overview of what research tells us about interoception, and how to apply this research when developing programming for individuals with ASD, complex needs, and related disorders. Discussion will focus on the link between interoception and many important skill areas including health & wellness, emotion regulation, self-awareness, perspective taking, and flexibility of thought. Many practical, evidence-based strategies for assessing and improving interoception will be shared.

Location: Hebbville Academy
Date: Monday, May 1st, 2017
Time: 9-3 pm (Morning snack provided / lunch on your own)

Please register with Diana Knock dknock@ssrsb.ca or fax the form to 902-541-3049, if you plan to attend.

NAME: _____

EMAIL: _____

Speaker:

Kelly Mahler MS, OTR/L, earned a MS in Occupational Therapy, as well as a Post-Professional Pediatric Certificate from Misericordia University, Dallas, PA. She is an occupational therapist and autism consultant who supports school-aged individuals and young adults with autism spectrum disorders. Mahler is also co-founder of Destination Friendship, an organization dedicated to providing multidisciplinary social skill groups within the community. She has presented numerous seminars and workshops at the international and national levels. Mahler has authored many books and instructional materials, including:

- Interoception: The Eighth Sensory System
- The Comprehensive Assessment of Interoceptive Awareness
- Sensory Issues and High Functioning Autism (with Myles and Robbins) — *winner of National Parenting Publications Bronze Medal*
- Destination Friendship: Developing Social Skills for Individuals with Autism Spectrum Disorders or Other Social Challenges (with Benton, Hollis, and Womer)
- Hygiene and Related Behaviors for Children and Adolescents With Autism Spectrum and Related Disorders -- *winner of Mom's Choice Awards Gold Medal*.