

WEBINAR: Tri-State Webinar: Interoception, The 8th Sense: Impact of Self-Regulation, Mental Health & Social Connection

PRESENTED BY: Kelly Mahler, OTD, OTR/L

DATE: Wednesday, October 27, 2021

LENGTH: 1 hour

Objectives

After attending this webinar participants will:

1. Define and understand interoception, our 8th sensory system.
2. Understand the latest research foundations of interoception and describe the impact it has on regulation, emotional well-being and social connections.
3. Identify at least 1 method for assessing interoception.
4. Identify evidence-based strategies for building interoception.
5. Describe methods for adapting interoception-building strategies to meet the needs of each unique learner.