

Interoception Across Settings

Course Synopsis

Interoception is our 8th sensory sense. Interoception is our body awareness that our internal organs give our brains feedback. Individuals with poor interoceptive awareness struggle to recognize when they are hungry, thirsty, hot/cold, have a stomachache, etc. It is very common for individuals with ADHD, anxiety, ASD and who have had trauma and ACE scores of more than 1 in their history. We often are working to help children and even adults self-regulate & we ask them how they are feeling. The first goal would be able for the client to be able to identify how their body is feeling. With poor interoceptive awareness self-regulation cannot occur. The Interoception Curriculum was developed by Kelly Mahler and guides us on improving interoceptive awareness. Interoceptive awareness could be a game changer not only for children and young adults but also when we are treating individuals with mental health difficulties, neurological conditions and pain management.

Speaker Bio

Katie O'Day, MOT, OTR/L is currently working for Providence Health & Services contracted to serve students in the Beaverton School District. I also jump into acute care during breaks and weekends. I have presented poster presentations at two AOTA specialty conferences: Children & Youth as well as Mental Health regarding the Occupation Participation Sort assessment tool that I have developed. The OPS is a cards sort with occupations in all daily areas including ADLs, IADLs, sleep/rest, work, play/leisure and social participation. I have recently focused my continuing education in interoception in relation to self-regulation and overall body awareness.

Financial Disclosures: Ms. O'Day does not receive an honorarium for this course.

Nonfinancial disclosure: There are no nonfinancial disclosures.

By the end of this presentation, participants will be able to:

- 1) Describe the eighth sensory sense of interoception including evidence-based practice and research.
- 2) List the steps to initiate the implementation of the interoception curriculum a treatment to improve interoception awareness.

This course is an Intermediate Level, with content focus in Occupational Therapy Service Delivery. Completion of this course is recognized by the OT Oregon Licensing Board as 1.5 contact hours.



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