



Interoception: The Eighth Sensory Sense Kelly Mahler, MS, OTR/L

Are you a family member or person with autism that needs practical strategies for improving self-regulation, social participation, and emotional well-being? This session is for YOU! Network with others and gain practical strategies! People with other disabilities and their caregivers would benefit from attending this session as well!

What is Interoception? Interoception helps us to 'feel' body signals like a growling stomach, tense muscles or speeding heart. Our ability to clearly feel these internal body signals enables us to accurately identify and manage our own emotions as well as understand the emotions of other people. Many individuals with **autism, ADHD, depression, trauma and anxiety disorders** have significant challenges with interoception. This presentation will provide an overview of interoception, as well as how it impacts the development of self-regulation, language, social participation and emotional well-being.



October 4th, 2018

Choose one:

9:30am-11:30am Crossroads East Side
4450 Eastgate S Dr, Cincinnati, OH 45245

1:00pm-3:00pm Princeton Administration Center- Evendale Room
3900 Cottingham Dr, Cincinnati, OH 45241

6:30pm-8:30pm Miami University Voice of America Learning Center
7847 Voice of America Park Dr. West Chester, OH 45069

Early Bird Rate: \$10 Regular Rate: \$15

Early Bird rate ends on September 3rd, 2018. Register now!
Light refreshments provided at each!

Register at: <https://familysessioninteroception.eventbrite.com>

Professionals may attend these sessions at the regular rate, no early bird rates.

For more information please contact anne.tapia@cchmc.org or 513-636-7616.