



## Interoception:

# The Eighth Sensory Sense

Practical Strategies for Improving Self-Regulation, Social Participation and Emotional Well-Being

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You have to know exactly how you feel in order to control it!! Interoception is an important sensory system that helps us to 'feel' body signals like a full bladder, growling stomach, tense muscles or speeding heart. Research indicates that our ability to clearly feel these internal signals enables us to accurately identify and control how we feel: Are we Anxious? Getting Frustrated? Hungry? Full? In pain? Needing the bathroom? **Many individuals with conditions such as autism, ADHD, depression, trauma and anxiety disorders have difficulty with interoception**, causing significant challenges in identifying and managing the way they feel. This presentation will provide participants with an overview of what research tells us about interoception and how to apply this research when developing effective programming and school-based supports. Evidence-based strategies for assessing and improving interoception will be shared.



October 3<sup>rd</sup>, 2018

8:30am-4:00pm

Xavier Cintas Center

Schiff Family Conference Center

1624 Herald Ave.

Cincinnati, OH 45207

**Registration:** <https://interoception.eventbrite.com>

- All registration fees cover lunch!
- Early Bird rates: \$75 (professionals), \$10 (family & people w/autism), \$10 (student)
  - **Early bird rates end September 3<sup>rd</sup>, 2018**
- Regular rates: \$100 (professionals), \$25 (family & people w/autism), \$25 (student)
- CEUs pending for Social Work, Counseling, Psychology, Occupational Therapy, and Department of Developmental Disabilities.
- Certificate of Attendance available for all attendees.
- Contact [anne.tapia@cchmc.org](mailto:anne.tapia@cchmc.org) or 513-636-7616 for more information.

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