

# Movement, Executive Function, & the Interactive Metronome



## Course Description:

The Interactive Metronome provides a powerful framework for the development of executive function skills. Outcome and functional gains can be enhanced by incorporating additional movement activities into IM sessions that are specific to the development of executive function. In this course, you will learn more about what executive function is and how it is essential for success in academics and social relationships. We will briefly touch upon the relationship between movement and the development of executive function, and you will learn practical ways to incorporate specific movement activities within IM sessions to improve executive function. *This course is not offered for contact hours/CEUs.*

## Target Audience:

- Speech and Language Pathologist
- Speech and Language Pathology Assistant
- Occupational Therapist
- Occupational Therapy Assistant
- Physical Therapist
- Physical Therapy Assistant
- Athletic Trainer
- Educator
- Psychologist
- Psychiatrist
- Neurologist
- Licensed Medical, Rehabilitation or Mental Health Professional
- Music Therapist

## Learning Outcomes:

Upon completion of this course, participants will be able to:

- 1) Define executive function and better understand the importance in learning and social relationships;
- 2) Describe the relationship between movement and executive function;
- 3) Identify practical ways to incorporate movement within IM sessions to improve executive function .

*\*Note: This course covers information that pertains to licensed therapists and therapy assistants. OTA and PTA professionals must practice IM under the supervision of a licensed OT or PT.*

## Specific Learning Outcomes for SLPs:

Upon completion of this course, participants will be able to:

- 1) Define executive function and better understand the importance in learning and pragmatic language;
- 2) Describe the relationship between movement; executive function; and cognitive-communicative skills;
- 3) Identify practical ways to incorporate movement within IM sessions to improve executive function, pragmatic language, and cognitive-communicative skills.

*\*Note: This course covers information that pertains to licensed therapists and therapy assistants. SLPA professionals must practice IM under the supervision of a licensed SLP.*

## Instructor

**Kandy Dicken, MAT** holds a Masters in Teaching from Pacific University and a Bachelors of Science in Human Development. She is a Licensed Teacher and Owner and Director of Early Learning Matters Child Development Center in Hillsboro, OR. Early Learning Matters (ELM) offers a learning environment designed to facilitate the development of executive function skills in all children ages 3-6. In addition, she works individually with children of all ages as a learning specialist and serves as an educational consultant for schools and community programs. Kandy is a certified instructor for Franklin Covey's Seven Habits of Highly Effective Teens. She continues her research and study in the area of Early Childhood Education, Brain-Based Learning, and Executive Function and Leadership.

## Disclosures:

**Instructor Financial Disclosure(s):** Kandy received an honorarium from Interactive Metronome, Inc for the development and presentation of this course. She does not receive royalties or any other form of compensation for the continued

publication and use of educational materials she has authored. Kandy does not sell or receive compensation for the sale of Interactive Metronome products.

**Instructor Nonfinancial Disclosure(s):** Kandy is the Owner and Director of Early Learning Matters Child Development Center in Hillsboro, OR and uses Interactive Metronome in her practice.

**Course Content Disclosure:**

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**Agenda (60 minutes):**

- Speaker introduction & disclosure
- What is Executive Function (EF)?
- Examples of EF Tasks
- EF from a Multiple-Intelligences Perspective
- Movement & EF
- Processing Speed & Movement
- How Interactive Metronome Improves EF
- Specific Movements to Focus on in IM Training
- Engaging the Vestibular System for EF
- Metacognition & Breathing

**Instructional Methods:**

LECTURE, PPT, PHOTOS

**Contact Hours/CEUs:**

This course is not offered for contact hours/CEUs.