

# Get the Most from IM-Home: Tips & Motivational Strategies



## Course Description:

This course is designed to help IM Providers of all professional disciplines successfully transition clients from Interactive Metronome (IM) training in the clinic or school setting to training in the home setting with IM Home. Lisa Poe, an experienced IM Provider, IM Instructor, & IM-Home Specialist, will share tips & strategies developed in clinical practice to elicit the most from each client with regard to motivation, compliance & performance in order to achieve optimal results. Lisa will discuss age-specific training considerations, specific tips & motivational strategies, including “tools” that can be found in and around the home to enhance motivation toward training and results. Several photos and videos have been incorporated into this presentation to best illustrate the ideas shared. *\*Contact hours/CEUs are offered pending successful completion of a written exam at the end of the course.*

## Target Audience:

This course welcomes the following professionals who have completed the Interactive Metronome Certification Course.

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

## Instructional Level:

Intermediate

## Learning Outcomes:

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

- Identify intrinsic and extrinsic motivators that may impact motivation, compliance & performance for each client being considered for IM-Home training;
- Identify age appropriate considerations that may impact motivation, compliance, and training results & implement appropriate strategies to facilitate optimal results;
- List 2-3 items that can be found in and around the home that can be incorporated into IM-Home training in order to elicit motivation & best performance for optimal outcomes.

*\*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 Speech-Language Pathologists & Audiologists:

- Identify intrinsic and extrinsic motivators that may impact motivation, compliance & performance for each client being considered for IM-Home training for the remediation of cognitive, language, and/or reading disorders;
- Identify age appropriate considerations that may impact motivation, compliance, and training results & implement appropriate strategies to facilitate optimal results;
- List 2-3 items that can be found in and around the home that can be incorporated into IM-Home training in order to elicit motivation & best performance for optimal outcomes.

*\*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:**

**Lisa Poe, OTR/L** earned her Bachelor's degree in Occupational Therapy from the University of Mississippi Medical Center in 1994. She is founder and owner of A Focused brain, LLC, an Outpatient Occupational Therapy Clinic located in Madison, MS. Lisa has considerable experience treating neurological conditions in both children and adults. Her interests include ADHD, ADD, Autism, Sensory Processing Disorders, Developmental Delay, Learning Disabilities, Stroke, Traumatic Brain Injury, and Spinal Cord Injury. Lisa is trained in multiple treatment approaches such as Constraint Induced Therapy, Integrated Listening System, Handwriting Without Tears, NDT, Bioness, Saebo and Hippotherapy. She is a guest lecturer at UMC Occupational Therapy School, Holmes Community College COTA Program and a variety of local community venues.

Lisa implements the Interactive Metronome and IM-Home with a client- centered functional approach. She is dedicated to helping children & adults achieve their maximum level of function in school, work, home, social & community settings. Lisa has travelled extensively as a National Instructor for Interactive Metronome since August of 2010. She has authored several educational courses for Interactive Metronome and co-authored the IM Fall Risk Reduction Program. As an IM-Home Specialist, Lisa consults with IM Providers of all professional disciplines to help them develop personalized IM-Home programs for clients & families nationally and internationally.

**Disclosures:**

**Instructor Financial Disclosure(s):** Lisa is the author/co-author of courses that focus on the clinical application of Interactive Metronome technology, for which she has received honoraria from Interactive Metronome, Inc. She does not receive royalties or any other form of compensation for the continued publication and use of educational materials she has authored/coauthored. Lisa is also an instructor for Interactive Metronome, for which she receives a fee for teaching each course and reimbursement of travel expenses from Interactive Metronome, Inc. Lisa receives compensation for her role as IM-Home Clinical Specialist on a fee-for-service basis from Interactive Metronome, Inc. She does not sell or receive compensation for the sale of Interactive Metronome or IM-Home products.

**Instructor Nonfinancial Disclosure(s):** Lisa is founder and owner of A Focused brain, LLC, and uses Interactive Metronome & IM-Home in her practice.

**Course Content Disclosure:**

The Interactive Metronome, Inc. has developed and patented a licensed technology trademarked as the Interactive Metronome®. (U.S. Patents #4,919,030; #5,529,498; #5,743,744; #6,719,690; other U.S. and foreign patents pending) Interactive Metronome, Inc. is the sole source of the following products: Interactive Metronome®, Gait Mate® and IM Home®. Because there are no other like-kind products available, course offerings will only cover information that pertains to the effective and safe use of the above-named products.

**Course Origination Date\*:** 1/29/2014

\*Course content is reviewed annually to make sure it remains current and relevant to the practice of Interactive Metronome.

**Agenda (60 minutes):**

- Speaker introduction & disclosure
- Transitioning from IM in the clinic or school to IM-Home
- Client/Family Education
- Getting Started: Know Your Client
- Software Updates that Motivate: IM Universe
- Tips & Strategies for Motivation, Compliance & Performance
- Age Considerations
- Resources
- Summary
- Q & A
- Online post-test & course evaluation

**Instructional Methods:**

LECTURE, PPT, VIDEO, PHOTOS

**Contact Hours/CEUs:**

0.1 ASHA (1.0 contact hour)

0.1 AOTA/1.25 NBCOT PDUs (1.0 contact hour)

PT/PTA & Other Disciplines Not Listed Above: If your discipline or state is not listed above, you may submit paperwork to your state board or association for CEUs if they allow you to do so. Please check with your state board/association prior to registering for this course.

This is not a co-sponsored or cooperative course offering. Interactive Metronome, Inc. is the organization responsible for creating the content & awarding AOTA CEUs.



Effective July 1, 2011, individuals must meet at least one of the following conditions in order to be eligible to earn ASHA CEUs.

- ASHA Member (includes Life member and International affiliates)
- ASHA Certificate of Clinical Competence (CCC) Holder
- Licensed by a state or provincial regulatory agency to practice speech-language pathology (SLP) or audiology
- Credentialed by a state regulatory agency to practice SLP or audiology
- Credentialed by a national regulatory agency to practice SLP or audiology
- Currently enrolled in a masters or doctoral program in SLP or audiology



Interactive Metronome is an AOTA Approved Provider of professional development. This distance learning course is offered at 0.1 CEU, intermediate, OT Service Delivery. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.