

# Introduction to IM: Pediatric Application in Hospitals, Clinics and Schools



*Learn more about the science and critical impact of improving neurological timing on pediatric development, learning, habilitation and rehabilitation.*

## Course Description:

The purpose of this course is to introduce you to the Interactive Metronome (IM), an evidence-based and powerful patented rhythm intervention with broad application that leverages technology to improve the brain's efficiency and performance. Timing & rhythm are critical developmental skills that reflect the degree of synchronization between neural networks in the brain and greatly influence the acquisition of cognitive, communicative, sensory, motor and academic skills. It is evident from peer-reviewed research that the perception and reproduction of timing & rhythm sequences is markedly deficient compared to typically developing peers in the following conditions: Auditory Processing Disorder, Dyslexia and other reading disorders, Speech and Language Disorders, ADHD, Autism Spectrum Disorders, Sensory Processing Disorders, Developmental Coordination Disorder, Concussion and Traumatic Brain Injury. Observable symptoms of poor timing and rhythm include trouble with attention, working memory, executive functions, processing speed, auditory comprehension, articulation and other speech impairments, language and literacy development, math and other areas of academic achievement, dyspraxia, disruptive behavior and/or sensory over/under sensitivities. Ongoing research at Harvard University School of Medicine, Northwestern University and other esteemed centers of academic excellence is providing vital information about both the clinical and biological impact of Interactive Metronome. There is no prerequisite to attend this introductory course. *\*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:

- 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
- Chiropractor, Chiropractic Neurologist
- Music Therapist
- Educator

## Instructional Level:

Introductory

## Learning Outcomes:

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

- Cite at least 3 current research studies that demonstrate efficacy for incorporating Interactive Metronome training into pediatric therapy interventions;
- List at least 5 pediatric conditions that benefit from the Interactive Metronome timing & rhythm intervention;
- Explain how Interactive Metronome training can be individualized for the pediatric client, providing 5 concrete examples.

*\*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:

- Cite at least 3 current research studies that demonstrate efficacy for incorporating Interactive Metronome training into speech & language pediatric therapy interventions;
- List at least 5 pediatric conditions that benefit from the Interactive Metronome timing & rhythm intervention;
- Explain how Interactive Metronome training can be individualized for the pediatric client receiving speech and language therapy services, providing 5 concrete examples.

**\*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:**

**April Christopherson, OTR/L** has been an Occupational Therapist for over 25 years and has worked with diverse populations in a variety of settings – including home health, private clinic and in-patient rehabilitation. She is the owner of Exploration Kids Therapy in Gunnison, CO serving the pediatric rehabilitation outpatient population having diagnoses such as Autism, ADHD, Dysgraphia, Misophonia, Down’s Syndrome, Delayed Milestones, and general fine motor delays. She consults privately from her home in Colorado Springs, CO. She believes in a whole, team approach to the client – including various medical professionals and therapists plus the use of functional neurology and metabolic/nutrition counseling. April has worked as a legal consultant and as an expert witness throughout the United States. She is a member of the Adjunct Faculty for Interactive Metronome and Advanced Brain Technologies. April was granted her degrees in Occupational Therapy and Psychology from St Ambrose University in Davenport, IA in 1991.

**Instructor Financial Disclosure(s):** April is the author of course materials 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. April 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. April does not sell or receive compensation for the sale of Interactive Metronome products.

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**Instructor Nonfinancial Disclosure(s):** April periodically contributes blog posts to [www.interactivemetronome.com](http://www.interactivemetronome.com) that are clinical in nature. She does not receive compensation for this. April uses the Interactive Metronome in clinical practice at MaxAchieve, Inc.

**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\*:** 3/1/2020\*

\*This course is updated annually with information pertaining to the most current hardware/software, research & clinical/academic applications.

**Agenda (1 hour):**

- Speaker Introduction & Disclosure
- 5 min: Interactive Metronome (IM) Introduction & Demonstration
- 10 min: Scientific Basis
  - ADHD
  - Autism
  - Sensory Processing Disorder
  - Auditory Processing Disorder
  - Mathematics, Reading & Academic Performance
  - Developmental Coordination Disorder
  - Cerebral Palsy
- 10 min: IM Training for Pediatric Clients:
  - Candidacy
  - Getting Started
  - Pediatric Friendly and Individualized Training
  - Encouraging Engagement
- 10 min: Delivery Models
  - In Clinic
  - At Home
  - In School
- 10 min: Case Discussions: Emma, Gavin, Brian & Tara
- 5 min: Insurance Reimbursement
- 5 min - Question & Answer Period
- 5 min - Online Post-Test & Course Evaluation

**Instructional Methods:**

LECTURE, PPT, VIDEO, CASE STUDY

**Contact Hours/CEUs:**

0.1 ASHA (1.0 contact hour)

0.1 AOTA/1.25 NBCOT PDUs (OT/OTA) (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, Inc is an AOTA Approved Provider (#4683). This introductory course is offered for 1 contact hour/ 0.1 AOTA CEU (Classification Code - Professional Issues-OT RESEARCH). The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.