

Using At-Home Activities to Improve In-Clinic IM Performance



Course Description:

The purpose of an exercise is to make progress: generally, to increase strength, accuracy, or range of motion. On the other hand, the purpose of an activity is to explore options: generally, to increase ease, adaptability, and expertise. An important difference between the two is the following: With exercises, proper execution and perseverance are generally of paramount importance: it is important to ensure clients do them right and keep doing them. With activities, simplicity and ease are generally of paramount importance: it is important to remain gentle and encourage clients to use as little effort as possible. This course will explore three basic questions that are important to consider as part of any Interactive Metronome program to ensure success: 1) What are some common difficulties client's encounter with IM activities? 2) What activities can be assigned for homework to help these clients through those difficulties?, and 3) How can you introduce these activities to your clients within the context of IM sessions?

***Contact hours 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 Asst
- Audiologist
- Occupational Therapist
- Certified Occupational Therapy Asst
- Physical Therapist
- Physical Therapy Asst
- Athletic Trainer
- Licensed Medical, Rehabilitation or Mental Health Professional
- Music Therapist

Instructional Level:

Advanced

Learning Outcomes:

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

- Distinguish between an “exercise” and an “activity;”
- Recognize seven common difficulties with IM tasks;
- Recall specific activities to help each difficulty;
- Identify ways to introduce these activities to your clients and assign them for homework.

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

Specific Learning Outcomes for Speech-Language Pathologists & Audiologists:

- Distinguish between an “exercise” and an “activity” in order to make appropriate adjustments in treatment for optimal speech-language and cognitive-communicative outcomes;
- Recognize seven common difficulties with IM tasks;
- Recall specific activities to help each difficulty;
- Identify ways to introduce these activities to your clients and include them in a home program for improvement of speech-language and cognitive-communicative abilities.

***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:

Matthew McNatt is a cognitive trainer, philosophy practitioner, and director of the McNatt Learning Center, Inc., in Ottawa, Illinois. Before founding the learning center in 2003, Matthew worked as an advocate for youth with disabilities and held an Illinois teacher's license for secondary education of English/Language Arts. Besides the multiple professional certifications he has accumulated over the years, he has a B.A. in philosophy and English/Language Arts from Dordt College in Sioux Center, Iowa. He regularly pursues continuing education opportunities in somatics, neurodevelopment, and neurophilosophy.

CEUs Offered for:

0.1 ASHA (SLP/SLPAs)

0.1 AOTA (OT/COTAs)

1.0 BOC (ATs)

*PTs & PTAs may submit paperwork to your state board for CEUs



Interactive Metronome is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This course is offered for 0.1 ASHA CEUs (Advanced level, Professional area).



APPROVED PROVIDER of CONTINUING EDUCATION
by The American Occupational Therapy Association, Inc.

Interactive Metronome is approved by the Continuing Education board of AOTA to provide continuing education activities in occupational therapy. This program is offered for 0.1 CEUs (Advanced Level). The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.



Interactive Metronome, Inc. is recognized by the Board of Certification, Inc. to offer continuing education (CE) for Certified Athletic Trainers (ATs). This program has been approved for a maximum of 1.0 CEUs (Advanced Level). ATs are responsible for claiming only those hours actually spent participating in the CE activity.