

# Interactive Metronome OnDemand Certification & Coaching



Discover the scientific evidence behind IM & learn hands-on practical application for addressing critical brain timing skills in order to improve outcomes in the areas of cognitive, communicative, motor, sensory, and academic performance in conditions like ADHD, Autism, Dyslexia, Stroke, and TBI.

## Course Description

The ability to synchronize motor movements with a steady auditory beat is **fundamental** for academic performance & the development and rehabilitation of cognitive, communicative, sensory, & motor skills. Published studies have consistently demonstrated the direct link between auditory-motor synchronization and temporal processing, or the coordinated communication between critical neural networks involved in attention, auditory & phonological processing, reading fluency & comprehension, cognitive speed, working memory, executive functions, and fine/gross motor coordination. Many of these studies have implicated poor timing & rhythm in individuals with ADHD, Autism, Dyslexia, Auditory Processing Disorder, Aphasia, Parkinson's, Schizophrenia, and other neurological conditions. Interactive Metronome® (IM) is a highly effective and engaging assessment & training tool that uniquely combines the concept of a musical metronome with a computer-based, patented software program to precisely measure & train a person's timing & rhythm in order to improve performance at home, school, work & play.

Join us for this stimulating on-demand certification course that includes an in-depth discussion of the evidence and rationale for use of IM as it relates to students and patients encountered in academic and therapy settings. Participants will complete 8 certification coaching modules delivered in rich video format with supplemental readings and direct, hands-on training for use of the Interactive Metronome technology. *Completion of this course leads to full Interactive Metronome Certification and contact hours/CEUs (pending successful completion of a written exam following each module).*

You must have the IM equipment to take this course in order to complete the labs. If you do not already own the IM equipment, you may qualify for an equipment loan. Talk to your IM representative for more information.

## 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
- Music Therapist
- Educator

## Instructional Level

Introductory

## Learning Outcomes

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

- Discuss the relevance of timing & rhythm as it pertains to functional abilities in home, work, school, and social settings;
- Cite published research that provides evidence for the efficacy of training timing & rhythm to improve cognitive, communicative, behavioral, sensory, motor, and academic performance;
- Identify criteria to appropriately select students and patients for Interactive Metronome assessment/training;
- List steps to competently administer and interpret IM assessments in order to develop individualized IM training plans;
- Cite criteria for developing measurable goals for IM training for students and patients encountered in academic and therapy settings;
- Explain how to interpret IM assessment & training data in order to adjust IM training settings as needed to facilitate performance.

**\*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 and Audiologists:**

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

- Discuss the relevance of timing & rhythm as it pertains to functional cognitive & communicative abilities in home, work, school, and social settings;
- Cite published research that provides evidence for the efficacy of training timing & rhythm to improve cognitive, communicative, behavioral, sensory, motor, and academic performance;
- Identify criteria to appropriately select students and patients for Interactive Metronome assessment/training;
- List steps to competently administer and interpret IM assessments in order to develop individualized IM training plans for the treatment of speech/language and cognitive/communicative disorders;
- Cite criteria for developing measurable goals for IM training for students and patients encountered in academic and therapy settings;
- Explain how to interpret IM assessment & training data in order to adjust IM training settings as needed to facilitate performance.

**\*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.**

### **Agenda (8.5 contact hours)**

#### **MODULE 1 – 70 minutes**

- Overview of Interactive Metronome® (IM) technology
- Importance of Timing & Rhythm
- Review of IM & Supporting Research Studies
- Module 1 Post-Test

#### **MODULE 2 – 50 minutes**

- Setting Up Your IM Equipment
- IM Software Controls
- Module 2 Post-Test

#### **MODULE 3 – 95 minutes**

- IM Assessments & Interpretation of Data
  - Short Form Test
  - Long Form Assessment
  - Attend Over Time
- Module 3 Post-Test

#### **MODULE 4 – 75 minutes**

- Overview: Phases of IM Training
- Developing IM Training Plans
- IM Training: Phase 1
- Module 4 Post-Test

#### **MODULE 5 – 55 minutes**

- Phase 1 Review
- IM Training: Phase 2
- Module 5 Post-Test

#### **MODULE 6 – 40 minutes**

- Phases 1 & 2 Review
- Introduction of IM Games
- IM Training: Phase 3
- Module 6 Post-Test

## MODULE 7 – 70 minutes

- Phases 1, 2 & 3 Review
- IM Training: Phase 4
- Module 7 Post-Test

## MODULE 8 – 45 minutes

- IM Reports
- Insurance & Billing
- Module 8 Post-Test
- Course Evaluation

Participants must complete all modules and pass all post-tests with 80% accuracy or better in order to receive contact hours and be awarded IM Certification and CEUs/Contact Hours.

### Instructional Methods:

LECTURE ON STREAMING VIDEO WITH PPT PRESENTATION, DEMONSTRATION, CASE STUDY, PHOTOS, VIDEOS, LABS WITH HANDS-ON PRACTICE

### Contact Hours/CEUs Offered:

0.85 ASHA (8.5 contact hours)

0.85 AOTA /10.625 NBCOT PDUs (8.5 contact hours)

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 a cooperative course offering. Interactive Metronome, Inc. is the organization responsible for creating the content & awarding ASHA & AOTA CEUs.

### Instructor

**April Christopherson, OTR/L** has been an Occupational Therapist for almost 20 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 MaxAchieve, Inc. in Colorado Springs, CO where her current clientele range from pediatrics to adults to high performance athletes, both stateside and internationally. 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. She also works exclusively with the Shandy Clinic in Colorado Springs, CO providing solutions to families with children suffering from Autism, Asperger's, ADHD, and other diagnoses. April has worked as a legal consultant and as an expert witness throughout the United States. 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.

**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.



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 0.85 ASHA CEUs (Introductory level, Professional area).

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



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

Interactive Metronome, Inc is an AOTA Approved Provider (#4683). This introductory course is offered for 8.5 contact hours/ 0.85 AOTA CEUs (Classification Codes - Domain of OT-CLIENT FACTORS; Domain of OT-ACTIVITY DEMANDS; OT Process-INTERVENTION). The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.