

# Movement, Executive Function, & the Interactive Metronome Self-Study



## 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 examine 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.

**\*Contact hours are offered pending successful completion of a written exam at the end of the course.**

## Target Audience:

This self-study course welcomes:

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

\*You must have completed the Interactive Metronome Certification course prior to attending this course.

## Instructional Level:

Advanced

## 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) Gain an understanding of the relationship between movement and executive function
- 3) Learn 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. COTA 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) Gain an understanding of the relationship between movement; executive function; and cognitive-communicative skills
- 3) Learn 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.

**Agenda:**

**Movement, Executive Function,  
& the Interactive Metronome  
Self-Study**

**CEUs**

**Offer for:**

0.1 SLPs (ASHA)

0.1 AOTA (OT/COTAs)

\*PTs & PTAs may submit paperwork to your state



**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; Professional area). The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.