

# Certification: Interactive Metronome for Pediatrics & Adults



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 workshop 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 brainstorm and interact with each other as they learn to implement the Interactive Metronome through direct, hands-on training. The instructor will provide tips and best practices that have been shown to facilitate outcomes. *Completion of this course leads to Interactive Metronome Certification and ASHA/AOTA/PT CEUs/contact hours in select states (pending successful completion of a written exam). Full attendance is required and documented via sign in and out. Partial credit will not be rewarded.*

## 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
- Chiropractic Care Professional
- Licensed Medical, Rehabilitation or Mental Health Professional
- Music Therapist
- Educator

## Instructional Level

Introductory (Basic)

## 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:

Start Time	End Time	Total Time	Description
07:15 am EST	07:45 am EST	30 minutes	Registration & Continental Breakfast
07:45 am EST	10:30 am EST	2 hours, 45 minutes	Introduction, Research, Case Discussion and Q & A
10:30 am EST	10:45 am EST	15 minutes	Break
10:45 am EST	11:15 am EST	30 minutes	Introduction to IM: Hardware/Software Features
11:15 am EST	01:15 pm EST	2 hours	IM Assessment, IM Training Phase 1 Instruction and Labs
01:15 pm EST	02:15 pm EST	1 hour	Lunch Break
02:15 pm EST	03:15 pm EST	1 hour	IM Training Phase 2 Instruction and Labs
03:15 pm EST	04:00 pm EST	45 minutes	IM Training Phase 3 Instruction and Labs
04:00 pm EST	04:15 pm EST	15 minutes	Break
04:15 pm EST	04:45 pm EST	30 minutes	IM Training Phase 4 Instruction and Labs
04:45 pm EST	05:15 pm EST	30 minutes	Closing Thoughts and Post-Test
<b>Total Live Course Time</b>		<b>9.5 hours</b>	<b>*Includes 1.5 hours for breaks</b>
<b>Total Course CEUs</b>		<b>8 Contact Hours</b>	

### Course Provider:

Interactive Metronome, Inc  
 1351 Sawgrass Corporate Pkwy STE 100  
 Sunrise, FL 33323  
 Phone: 954-385-4660 Option 5 for Education Department  
 Email: [education@interactivemetronome.com](mailto:education@interactivemetronome.com)  
 Website: <https://www.interactivemetronome.com/>

**To register:** <https://www.interactivemetronome.com/live-im-certification-class>

(select a date on the website to register for & tell us your special needs requests during registration)

### Dates/Times/Locations\*:

Please visit [www.interactivemetronome.com](https://www.interactivemetronome.com) for the most current schedule.

### Instructional Methods

LECTURE, PPT, DEMONSTRATION, CASE STUDY, PHOTOS, VIDEOS, LABS WITH HANDS-ON PRACTICE\*

\*Ratio is 1 instructor:16 participants

## Contact Hours/ASHA, AOTA & PT/PTA CEUs

- 0.8 ASHA (8 contact hours)
- 0.8 AOTA/ 10.0 NBCOT PDUs (8 contact hours)
- PTs & PTAs: **Approvals for 2025:** in AL (0.8 CEUs – preapproval not required), AR (0.8 CEUs), AZ (0.8 CEUs EXPIRES 2/8/26), CA (0.8 CEUs EXPIRES 9/30/25), CO (0.8 CEUs – preapproval not required), CT (0.8 CEUs EXPIRES 1/25/26), FL (8.0 CCH EXPIRES 12/31/25), GA (8 CCH EXPIRES 6/3/26), IA (0.8 CEUs – preapproval not required), ID (0.8 CEUs – via reciprocity with other APTA Chapters that have pre-approved this course), IL (0.8 CEUs EXPIRES 12/1/25), IN (0.8 CEUs EXPIRES 1/24/26), KS (0.8 CEUs EXPIRES 12/31/25), KY (0.8 CEUs EXPIRES 9/29/25), LA (0.8 CEUs EXPIRES 12/31/25), MA (8 CEH EXPIRES 12/7/25), MD (0.8 CEUs EXPIRES 11/19/28), ME (0.8 CEUs – preapproval not required), MI (8.0 CEH EXPIRES 10/26/25), MO (8.0 CEH EXPIRES 2/7/26), MS (8 CCUs EXPIRES 6/30/25), MT (0.8 CEUs – preapproval not required), NC (0.8 CEUs – preapproval not required), ND (0.8 CEUs – preapproval not required), NE (0.8 CEUs EXPIRES 6/5/27), NH (8.0 CEH EXPIRES 1/25/26), NJ (0.8 CEUs EXPIRES 1/31/26), NM (0.8 CEUs EXPIRES 1/14/26), NV (8 CCUs EXPIRES 9/20/26), NY (9.6 CEH EXPIRES 6/1/25), OH (0.8 CEUs EXPIRES 1/11/26), OR (0.8 CEUs – via reciprocity with other states that have pre-approved this course), PA (0.8 CEUs – via reciprocity with other states that have pre-approved this course), RI (0.8 CEUs EXPIRES 7/17/25), SC (0.8 CEUs EXPIRES 7/31/25), SD (0.8 CEUs – preapproval not required), TN (0.8 CEUs EXPIRES 12/6/25), TX (8 CCUs EXPIRES 2/25/27), UT (0.8 CEUs EXPIRES 3/1/26), VA (0.8 CEUs EXPIRES 1/25/26), WA (0.8 CEUs – preapproval not required), WI (0.8 CEUs EXPIRES 10/19/25), WV (0.8 CEUs EXPIRES 12/31/25), WY (0.8 CEUs – preapproval not required). *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.*

## Instructor (one of the following)

**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.

**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.

**Dillen Hartley, IMC, SSPC, Adv. DIR/Floortime®, TBRI® Trained, OTR/L** graduated from the University of Pretoria, South Africa, school of Occupational Therapy in 1995 and moved to the USA in 1996. He is co-owner of Advanced Therapy Solutions, Inc, an outpatient Physical and Occupational Therapy practice serving adult and pediatric clients in multiple locations. Mr. Hartley has more than 29 years of experience as an occupational therapist, presenter and entrepreneur. As a clinician, Mr. Hartley has an interest in neurobiology and sensory integration and has applied these interests into a relationship; brain-based treatment approach to support life change for his clients and their families. Mr. Hartley has mentored both students and clinicians throughout his career and has served as an expert trainer for both Interactive Metronome and Integrated Listening Systems (Unyte). Mr. Hartley is trained in NDT, Aquatic therapy, Sensory Integration, TBRI (Trauma informed care) and is advanced trained in Floortime® DIR. Mr. Hartley is an active member of his community and frequently volunteers for neuro-diverse organizations and has served on multiple professional and community-based non-profit boards. He is the Founder and Chairman of the Institute for Development and Learning, a non-profit organization dedicated to providing Speech Therapy, Feeding Treatment, GROW and Einstein Academy as well as parent support programming.

**Instructor Financial Disclosure(s):** Dillen is an active member of Interactive Metronome's Clinical Advisory Board, for which he receives an annual honorarium from Interactive Metronome, Inc. He is the author/co-author of numerous courses that focus on the clinical application of Interactive Metronome technology, for which he has received honoraria from Interactive Metronome, Inc. Dillen does not receive royalties or any other form of compensation for the continued publication and use of educational materials he has authored/coauthored. Dillen is also an instructor for Interactive Metronome, for which he receives a fee for teaching each course and reimbursement of travel expenses from Interactive Metronome, Inc. Dillen does not sell or receive compensation for the sale of Interactive Metronome products.

**Instructor Nonfinancial Disclosure(s):** Dillen uses the Interactive Metronome in clinical practice at Advanced Therapy Solutions.

**Nikki Millar, MS, CCC-SLP** received her undergraduate and master's degrees in Speech-Language Pathology from the University of South Florida in 2001 and holds the Certificate of Clinical Competence issued by the American Speech-Language-Hearing Association. She has worked in a variety of therapy settings, including schools, pediatric and geriatric outpatient therapy, pediatric and geriatric home healthcare, skilled nursing facilities, and is going on 20 years at an inpatient rehabilitation hospital where she is the IM program champion and the Parkinson's program champion. During her career, she has used IM with both children and adults and she enjoys being able to share her knowledge and expertise with other professionals as an Interactive Metronome Clinical Instructor.

**Instructor Financial Disclosure(s):** Nikki is an instructor for Interactive Metronome, for which he receives a fee for teaching each course and reimbursement of travel expenses from Interactive Metronome, Inc. She does not sell or receive compensation for the sale of Interactive Metronome products.

**Instructor Nonfinancial Disclosure(s):** Nikki uses the Interactive Metronome in clinical practice at Encompass Health Rehabilitation Hospital.

**Dr. Lorraine Sgarlato, Au.D.** earned the Doctorate of Audiology degree from Pennsylvania College of Optometry, School of Audiology in 2003. She is a seasoned audiologist with over 40 years of experience specializing in auditory processing disorders, hearing loss and tinnitus. Known for a deep commitment to improving communication and quality of life, Dr. Sgarlato combines clinical expertise with a passion for education serving as a trusted resource for both families and professionals.

Dr. Sgarlato integrates innovative programs and techniques into her work, empowering her clients and supporting fellow clinicians in delivering meaningful, results-driven care. Dr. Sgarlato holds a doctorate in Audiology and serves on the Clinical Advisory Board for Interactive Metronome, a role she has held since 2018. In addition, she is a course instructor for the company, teaching and sharing her expertise with professionals nationwide. She believes Interactive Metronome is a powerful tool that holds the key to unlocking road blocks in the brain using fun and engaging exercises.

**Instructor Financial Disclosure(s):** Lorraine 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. Lorraine 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. She does not sell or receive compensation for the sale of Interactive Metronome products.

**Instructor Nonfinancial Disclosure(s):** Lorraine uses the Interactive Metronome in clinical practice.

**Dara Weger, MS, CCC-SLP** received her undergraduate and master's degree from the University of Central Arkansas and holds the Certificate of Clinical Competence issued by the American Speech-Language-Hearing Association. Dara served as the National Program Champion for Interactive Metronome within the HealthSouth Corporation. She currently serves as Interactive Metronome's Clinical Support contact person for Life Care Centers of America. Dara has been teaching IM Certification Courses since 2007 and has contributed to the development of the Adult Best Practice Certification Course and Fall Prevention Protocol. With expertise and experience in the field of neurological disorders, Dara has been able to accept this new treatment tool and successfully integrate it into her practice by modifying it to individually meet her patient's needs.

**Instructor Financial Disclosure(s):** Dara is an active member of Interactive Metronome's Clinical Advisory Board, for which she receives an annual honorarium from Interactive Metronome Inc. She is the author/co-author of educational offerings 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. Dara 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. Dara provides clinical consultation to IM providers and receives a consulting fee from Interactive Metronome, Inc for these extended educational services. Dara does not sell or receive compensation for the sale of Interactive Metronome products.

**Instructor Nonfinancial Disclosure(s):** Dara does not have any relevant nonfinancial relationships to disclose.

**Course Content Disclosure:** The Interactive Metronome, Inc. has developed and patented a licensed technology trademarked as the Interactive Metronome®. (U.S. Patents Nos. 4,919,030; 5,529,498; 5,743,744; 6,719,690; 7,122,004; 8,968,218; 9,747,880; 10,789,925 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®. The purpose of the course is to train and certify participants for the safe and effective use of these products that are unique to Interactive Metronome, Inc. Because there are no other like-kind products available due to patents, course offerings will only cover information that pertains to the above-named products. Products are not sold during the course.

### Course Origination Date\*: 1/13/18

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



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. PD activity (approval ID# 11867 EXPIRES 2/26/2030). This distance learning – interactive course is offered at 0.8 CEUs, introductory, OT Service Delivery. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA or indicate AOTA approval of a certification or other professional recognition.