

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 full Interactive Metronome Certification and ASHA/AOTA/PT CEUs/contact hours in select states (pending successful completion of a written exam).*

## 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 (Central Standard Time):

Start Time	End Time	Total Time	Description
<b>MANDATORY PRE-COURSE HOMEWORK</b>		90 min CEUs 1.5	<b>Pre-Course Lab: Introduction and Science + Equipment Set-Up</b> <i>*You MUST complete the pre-course homework at least 2 business prior to the course. This allows time for troubleshooting with Technical Support, if needed.</i>
<b>ON THE DAY OF THE VIRTUAL LIVE COURSE:</b>			
09:00 am CST	09:30 am CST	30 min	<i>Registration- Software Installation &amp; Equipment Set-Up Help</i> <i>*If you had problems installing your software or setting up your equipment during the Pre-course Lab, you must get on the line at this time</i>
09:30 am CST	10:00 am CST	30 min	Course Begins, Meet & Greet The course will start promptly at this time. Please sign on during the Registration time to ensure the course remains on schedule
10:00 am CST	10:45 am CST	45 min	Tech Hour – Web-Ex, Hardware Set Up, Software Set Up
10:45 am CST	11:00 am CST	15 min	Break
11:00 am CST	11:30 am CST	30 min	Case Studies, IM Assessments
11:30 am CST	01:00 pm CST	90 min	Software Features & Software Feedback Tutorial
01:00 pm CST	01:30 pm CST	30 min	Lunch Break
01:30 pm CST	03:00 pm CST	90 min	IM Training Phase 1 & 2 Instruction and Labs
03:00 pm CST	03:45 pm CST	45 min	IM Training Phase 3 Instruction and Labs
03:45 pm CST	04:00 pm CST	15 min	Break
04:00 pm CST	04:45 pm CST	45 min	IM Training Phase 4 Instruction and Labs, Reports
04:45 pm CST	05:00 pm CST	15 min	Closing Thoughts and Post-Test
<b>Total Contact Hours</b>		<b>8.0 hours*</b>	<b>*Does not include registration, breaks</b>

#### Course Provider:

Interactive Metronome, Inc  
1351 Sawgrass Corporate Parkway, Suite 100  
Sunrise, FL 33323  
Phone: 954-385-4660 Option 3 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/Locations\*:

Please visit [www.interactivemetronome.com](http://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:14 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 2024-2025:** in AL (0.8 CEUs – preapproval not required), AR (0.8 CEUs), AZ (0.8 CEUs EXPIRES 1/27/25), CA (0.8 CEUs EXPIRES 9/30/24), CO (0.8 CEUs – preapproval not required), CT (0.8 CEUs EXPIRES 1/14/25), FL (8.0 CCH EXPIRES 12/31/24), GA (8 CCH EXPIRES 7/12/25), 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 11/1/24), IN (0.8 CEUs EXPIRES 1/13/25), KS (0.8 CEUs EXPIRES 12/31/24), KY (0.8 CEUs EXPIRES 9/29/25), LA (0.8 CEUs EXPIRES 12/31/23), MA (8 CEH EXPIRES 11/13/24), MD (0.8 CEUs EXPIRES 11/17/24), ME (0.8 CEUs – preapproval not required), MI (8.0 CEH

EXPIRES 10/26/25), MO (8.0 CEH EXPIRES 2/3/25), 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 7/21/25), NH (8.0 CEH EXPIRES 1/14/25), NJ (0.8 CEUs EXPIRES 1/31/26), NM (0.8 CEUs EXPIRES 1/14/26), NV (8 CCUs EXPIRES 7/31/24), NY (9.6 CEH EXPIRES 6/1/25), OH (0.8 CEUs EXPIRES 11/18/24), 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 11/10/24), TX (8 CCUs EXPIRES 2/12/25), UT (0.8 CEUs EXPIRES 2/28/25), VA (0.8 CEUs EXPIRES 1/14/25), WA (0.8 CEUs – preapproval not required), WI (0.8 CEUs EXPIRES 10/19/25), WV (0.8 CEUs EXPIRES 12/31/24), 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.

**Dara Weger, MS, CCC-SLP** received her undergraduate and masters 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 #4,919,030; #5,529,498; #5,743,744; #6,719,690; #9,747,880 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.



**Interactive Metronome**

Introductory Level

0.8 ASHA 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 is an AOTA Approved Provider of professional development. This distance learning 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.