

# Adult Cognitive-Linguistic Group Treatment with IM



## Course Description:

There are many benefits to providing therapy in a group setting, including peer support and opportunities for natural communication. A core skill that underlies speech/language and cognitive/linguistic abilities is that of mental timing or what is referred to in the literature as temporal processing. The Interactive Metronome (IM) is a treatment program that specifically addresses the timing skills that form the basis for communication and language. IM can easily be incorporated into a group therapy format to facilitate both group and individual goal achievement. This course will focus on rehabilitation of adults and will outline how to plan, organize, and perform activities for a group with emphasis on improving timing, cognitive skills, and/or communication skills. *This course is not offered for contact hours/CEUs.*

## Target Audience:

- Speech and Language Pathologist
- Speech and Language Pathology Assistant
- Audiologist
- Occupational Therapist
- Occupational Therapy Assistant
- Licensed Medical, Rehabilitation or Mental Health Professional
- Music Therapist

## Learning Outcomes:

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

- Select appropriate clients for group therapy;
- Plan IM group treatment goals and sessions;
- Reassess and advance the group to achieve long-term group and individual therapy goals.

*\*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 & Audiologists:

- Select appropriate clients for group therapy focusing on cognitive-communicative abilities;
- Plan IM group treatment goals and sessions;
- Reassess and advance the group to achieve long-term group and individual speech therapy goals.

*\*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:

**Heather Cross, OTR/L**, has been an Occupational Therapist for 17 years. Her scope of practice has included hand therapy, orthopedic rehab, home health, school based therapy, acute care, and pediatrics. She is the co-owner of Performance Advantage, LLC in Colorado Springs, CO. Her current clientele includes a population that ranges from pediatrics to adult. She also works with high performance and pro athletes. She uses a holistic approach with all of her clients; utilizing various medical professions, treatment techniques, functional neurology, and metabolic/nutritional counseling.

Heather received her BS in Occupational Therapy from Colorado State University in 1993. Since that time she has been an advocate of continuing education and sponsoring students in their fieldwork assignments at all levels. She has furthered her education through various courses and self study over the last 17 years. Recent courses taken have been chosen to help with her belief that clients can recover neurological functioning at all ages. Some of these programs include: the Listening program, the Alert Program, Sensory integration techniques, and studies in neurology. Heather uses Interactive Metronome as part of an intensive neurological treatment option for qualified clients and as an introductory functional treatment option for pediatrics. She is a huge proponent of the Interactive Metronome following several years of great success using IM with her clientele.

## Disclosures:

**Instructor Financial Disclosure(s):** Heather 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  
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receive royalties or any other form of compensation for the continued publication and use of educational materials she has authored. Heather 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 provides clinical consultation to IM providers and receives a consulting fee from Interactive Metronome, Inc. for these extended educational services. She does not sell or receive compensation for the sale of Interactive Metronome products.

**Instructor Nonfinancial Disclosure(s):** Heather is co-owner of Performance Advantage, LLC in Colorado Springs, and uses Interactive Metronome in her practice.

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**Agenda (60 minutes):**

- Speaker introduction & disclosure
- Benefits of group therapy
- Difficulties with group therapy
- How to select appropriate clients for group therapy
- Outline of group therapy sessions
- Reward systems for both individual clients and group programming.
- Parent/caregiver education needs
- Sample progression for group therapy.
- Program planning ideas
- Planning supportive activities for group programming
- Billing and documentation
- Take-home messages and extra tips
- Online post-test & course evaluation

**Instructional Methods:**

LECTURE, PPT

**Contact Hours/CEUs:**

This course is not offered for contact hours/CEUs.