

# IM Pediatric Best Practices



## Course Description:

This self-study course leads to the Interactive Metronome Advanced Pediatric Designation (IMAP). Optimal treatment outcomes are more easily attained when there are appropriate accommodations for age, developmental level, group dynamics and environmental factors. The purpose of this course is to advance the clinical application of Interactive Metronome (IM) within the field of pediatric practice. Individualized clinical application of the IM from infancy through age 18 will be covered. Participants will learn the skills necessary to adapt to often fluctuating clinical presentations with individualized treatment approaches that are engaging and motivating to the pediatric client. Participants must have completed the basic Interactive Metronome Certification Course prior to undertaking this advanced training.

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

## Target Audience:

This course welcomes the following professionals who have completed the Interactive Metronome Certification Course:

- Speech and Language Pathologist (*ASHA CEUs are not offered for this course*)
- Speech and Language Pathology Assistant
- Audiologist (*ASHA CEUs are not offered for this course*)
- Occupational Therapist
- Occupational Therapy Assistant
- Physical Therapist
- Physical Therapy Assistant
- Athletic Trainer
- Licensed Medical, Rehabilitation or Mental Health Professional
- Music Therapist
- Educator

## Instructional Level:

Intermediate

## Learning Outcomes:

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

- Identify candidates for IM intervention based upon key pediatric diagnostic presentations;
- Create and execute individualized IM treatment plans that take into consideration the unique cognitive-linguistic, sensory, motor, and motivational needs of each child;
- Demonstrate skillful application of IM in group treatment settings;
- Develop functional and measurable goals for incorporation of IM in a comprehensive treatment approach;
- And communicate effectively with parents and other professionals regarding how IM can enhance treatment outcomes for children.

*\*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.*

## Author:

**Mary Jones, OTR/L, LMT, CIMT** graduated from St. Loe's School of Occupational Therapy (UK) in 1986. Has been an Occupational Therapist for 20 (+) years and has been practicing in the USA since 1993. Additional training has included a BS in Healthcare and Social Welfare from Manchester University in 1992, Massage Therapy License in 1996, NDT certification in 1994. Mary has worked in a variety of healthcare settings in both the USA and the UK. These include home health in the inner-city (London), orthopedics, geriatric psychiatry, outpatient rehab, brain injury specialty (adult and pediatric) and pediatric outpatient therapy. Clinical advanced training includes NDT advanced courses, infant massage certification, cranio-sacral therapy, myofascial release techniques, motor control and the development of motor learning, Therapeutic Listening Program, Integrated Listening Systems, Brain Gym, Pilates, Active Isolated Stretching Techniques, Visual-motor Training, Vestibular Training, Beckman Oral Motor Assessment and Intervention, Handwriting Without Tears, ADHD and Nutrition Interventions, Aromatherapy, Aquatic Therapy, Sensory Integration assessment and interventions, Autism assessment and interventions, Interactive Metronome Certification and Development of Best Practice Strategies with

IM. Mary owns her own pediatric practice "Sensational Kids LLC", based out of Bradenton, FL. Mary has lectured extensively in her field at a local and national level.

**Disclosures:**

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

**Instructor Nonfinancial Disclosure(s):** Mary periodically contributes blog posts to [www.interactivemetronome.com](http://www.interactivemetronome.com) that are clinical in nature, although she does not receive compensation for this. Mary also owns a private practice in Bradenton, FL where Interactive Metronome is used with a variety of clients ranging in age from infancy to the elderly.

**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.

**Course Origination Date\*:** 4/26/2009

\*Course content is reviewed annually to make sure it remains current and relevant to the practice of Interactive Metronome.

**Agenda (11 contact hours):**

- Why Should I be Interested in IM? 20 minutes
- Outline of Clients Served:  
*An Overview of Key Considerations* 35 minutes
- Modifying Your Use of the IM Program:  
*"Stepping Outside of Your Box"* 95 minutes
- Assessing the Right Pace for Each Individual:  
*Just As You and Your Colleagues Perform at a Different Pace So Too Do Your Kids* 40 minutes
- Motivational Strategies 25 minutes
- Useful Equipment to Have *"In Your Box"* 25 minutes
- Age Considerations: *How Young?* 25 minutes
- Group Treatment Considerations 25 minutes
- Application to Clinical Practice 45 minutes
- Critical Thinking Workshop:  
*Time for Some Brain Strain* 32 minutes
- Marketing IM for the Pediatric Population 30 minutes
- Strategies to Achieve Specific Sensory Outcomes 20 minutes
- IM Pediatric Best Practices Resource List 5 minutes
- Standardized Assessment Resource List 5 minutes
- Functional Assessment Tools 15 minutes
- Common Questions and Answers about use of IM with the Pediatric Population 41 minutes
- Writing an Objective Case Study 40 minutes
- Pediatric Programs and Treatment Approaches That Can Be Incorporated with IM 95 minutes
- Quick Reference – IM Treatment Phases 10 minutes
- Online post-test & course evaluation 32 minutes

**Instructional Methods:**

ILLUSTRATED MANUAL, BRAINSTORMING, CD AND ONLINE RESOURCES, PHOTOS, VIDEOS

**Contact Hours/AOTA CEUs:**

1.1 AOTA / 13.75 NBCOT PDUs (11 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 not a co-sponsored or cooperative course offering. Interactive Metronome, Inc. is the organization responsible for creating the content & awarding AOTA CEUs.



Interactive Metronome, Inc is an AOTA Approved Provider (#4683). This intermediate course is offered for 11 contact hours/ 1.1 AOTA CEUs (Classification Codes - Domain of OT-ACTIVITY DEMANDS, Domain of OT-PERFORMANCE SKILLS, OT Process-INTERVENTION). The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.