

# Movement, Executive Function, & the Interactive Metronome



## 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 briefly touch upon 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 webinar 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:

Intermediate

## 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) Describe the relationship between movement and executive function;
- 3) Identify 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) Describe the relationship between movement; executive function; and cognitive-communicative skills;
- 3) Identify 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.

**Disclosures:**

**Instructor Financial Disclosure(s):** Kandy received an honorarium from Interactive Metronome, Inc for the development and presentation of this course. She does not receive royalties or any other form of compensation for the continued publication and use of educational materials she has authored. Kandy does not sell or receive compensation for the sale of Interactive Metronome products.

**Instructor Nonfinancial Disclosure(s):** Kandy is the Owner and Director of Early Learning Matters Child Development Center in Hillsboro, OR and uses Interactive Metronome in her practice.

**Course Content Disclosure:**

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**Agenda (60 minutes):**

- Speaker introduction & disclosure
- What is Executive Function (EF)?
- Examples of EF Tasks
- EF from a Multiple-Intelligences Perspective
- Movement & EF
- Processing Speed & Movement
- How Interactive Metronome Improves EF
- Specific Movements to Focus on in IM Training
- Engaging the Vestibular System for EF
- Metacognition & Breathing
- Online post-test & course evaluation

**Instructional Methods:**

LECTURE, PPT, PHOTOS

**CEUs Offered for:**

0.1 ASHA (SLP)

0.1 AOTA, 1.25 NBCOT PDUs (OT/COTA)

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 ASHA & AOTA CEUs.



**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 CEU (Intermediate level, Professional area).

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

Education Department Contact Info: [imcourses@interactivemetronome.com](mailto:imcourses@interactivemetronome.com), 877-994-6776 opt 3 (US Only), 954-385-4660 opt 3, Fax: 954-385-4674

- Credentialed by a national regulatory agency to practice SLP or audiology
- Currently enrolled in a masters or doctoral program in SLP or audiology



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Therapy Association, Inc.

Interactive Metronome, Inc is an AOTA Approved Provider (#4683). This intermediate course is offered for 1 contact hour/ .1 AOTA CEU (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.