

# The IM Intensive Program: Maximizing Potential



## Course Description:

Have you considered that some of your clients may have greater potential than what they are achieving? This course is designed to address the effectiveness of Interactive Metronome (IM) with the higher functioning client. The presentation will review the basics of neurological potential when training and treating clients that have advanced capabilities, are on the higher spectrum of function with regard to developmental delays and diagnoses, or are seeking a performance edge related to sports and athletics. This one hour course will cover three main areas: 1) Who is a candidate for an intensive training; 2) Why you should consider training in an intensive fashion; and 3) How to set up your IM training protocol so that it is tailored to meet the individual needs of the high performing client. Course material will be in power-point style with easy to reference lists and learning tools. Photographic and video examples will be presented to illustrate salient points and to reinforce learning.

## Target Audience:

- Speech and Language Pathologist
- Speech and Language Pathology Asst
- Audiologist
- Occupational Therapist
- Certified Occupational Therapy Asst
- Physical Therapist
- Physical Therapy Asst
- Athletic Trainer
- Licensed Medical, Rehabilitation or Mental Health Professional
- Music Therapist
- Educator

## Learning Outcomes:

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

- Describe the rationale for incorporating interventions for timing & rhythm in the treatment of individuals who are higher functioning;
- Create and implement individualized and flexible treatment programs for individuals based upon clinical best practices in order to achieve optimal treatment outcomes;
- Establish functional treatment goals for treatment of various mild cognitive and developmental delays in the clinic setting.

**\*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 Speech-Language Pathologists & Audiologists:

- Describe the rationale for incorporating interventions for timing & rhythm in the treatment of individuals who are higher functioning and exhibit cognitive-communicative disorders;
- Create and implement individualized and flexible treatment programs for individuals based upon clinical best practices in order to achieve optimal treatment outcomes;
- Establish functional treatment goals for treatment of various mild cognitive and developmental delays in the clinic setting.

**\*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:

**April Christopherson, OTR/L** has been an Occupational Therapist for almost 20 years and has worked with diverse populations in a variety of settings – including home health, private clinic and in-patient rehabilitation. She is co-owner of Performance Advantage, LLC in Colorado Springs, CO where her current clientele range from pediatrics to adults to high performance athletes. 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 was granted her BS degree in

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Occupational Therapy from St Ambrose University in Davenport, IA in 1991. She obtained a BA in Psychology at the same time. She has furthered her education by taking courses and reading materials that foster her knowledge in helping clients recover neurological functioning from the lowest level to the higher cognitive and executive levels (such as Boehme Approach to Treatment of the Baby, Sensory Integration Clinics (various), The Listening Program, Alert Program, Treating Drug Affected Children, OT in the Schools, Benbow's Loops and Other Groups, Marriage and Family Counseling, Nutrition, Studies in Neurology, and various other certification classes.) She uses IM as an intensive neurological treatment option for qualified clients and as an introductory functional treatment option for pediatrics.

**Instructor Financial Disclosure(s):** April is the author of educational & 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 is the owner of MaxAchieve, Inc and uses Interactive Metronome regularly in clinical practice.

**Course 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.

**Agenda (60 minutes):**

- Speaker introduction & disclosure
- Benefits of intensive IM training
- Intensive IM training program goals
- Identifying candidates for intensive IM training
- Equipment suggestions to adapt IM training to patient needs
- Development of individualized intensive training programs
- Ongoing assessment
- Case examples

**Instructional Methods:**

LECTURE, PPT, PHOTOS, VIDEOS, CASE STUDY

**CEUs:**

This course is not offered for CEUs.