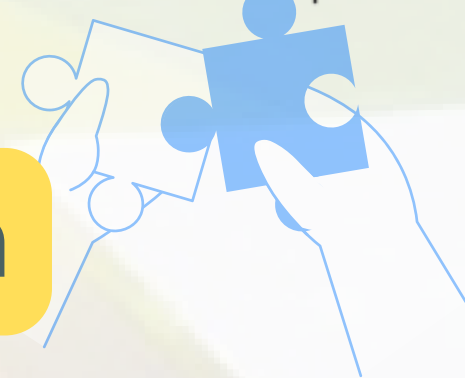


**Groundbreaking
Course**



Equip Essential Knowledge in Interoception

4-EVENING ONLINE PROGRAMME ON *INTEROCEPTION, OUR 8TH SENSE: THE SCIENCE OF HOW WE EACH UNIQUELY FEEL*



APPLY NOW

Presented by :
Kelly Mahler



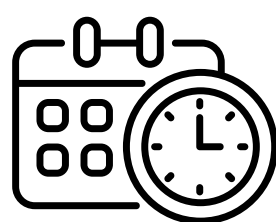
Course Code: CA-25B-01

What is Interoception?

Interoception: Feeling the Feels

Interoception is the intricate sense that constantly monitors the state of your body, from your heart and lungs to your skin and muscles, providing vital information about how you feel.

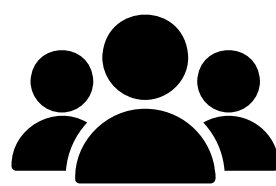
By assessing sensations like hunger, fullness, or nausea, it helps your brain decode your emotions and physical state. Essentially, interoception enables you to answer the fundamental question, "How do I feel?" at any given moment.



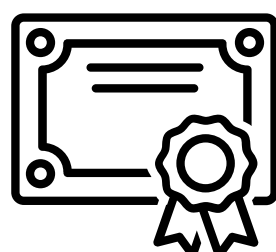
10, 11, 17 & 18 Nov 2025
07:00 – 10:00 pm (HK Time)



Live Streaming (Zoom)
with Q&A Session



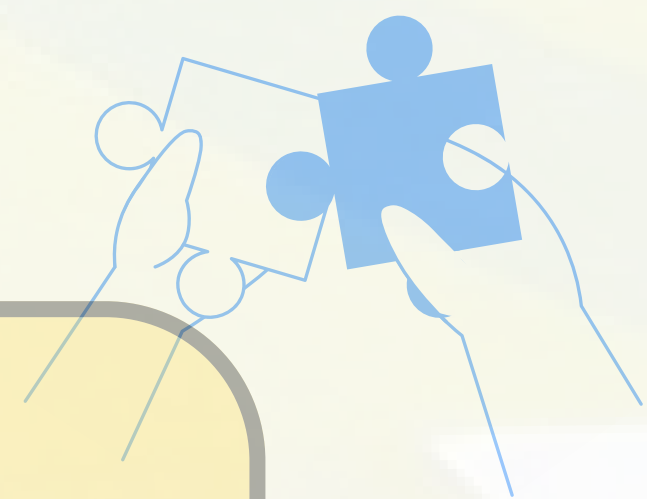
Target: Occupational Therapist
Accreditations: CPD-OT: 12 pts



Participants must attend
ALL 4 sessions to
receive a certificate



Course Fee: HKD\$3,600@
Early Bird*: HKD\$3,350@
(*Payment made on or before 17 Oct 2025)



Programme Outline:

This programme aims to unlock the science of self-awareness through our comprehensive online course on interoception — the body's hidden sense that helps us answer the question, "How do I feel?"

Discover how your brain interprets signals from your body to influence your emotions and overall well-being. This knowledge enables occupational therapists to better assist clients meaningfully by integrating interoception into the therapy process.



Highlights:

- Understand what interoception is and why it matters, from both scientific and lived perspectives
- Explore how interoceptive awareness develops and what can disrupt it, especially in ASD & ADHD
- Learn assessment tools and practical strategies for noticing and interpreting body signals
- Connect body sensations with emotions and discover actions to regulate and enhance comfort
- Hands-on applications, including interoception yoga and exercise cards

Kelly Mahler



Kelly Mahler OTD, OTR/L, earned a Doctorate in Occupational Therapy from Misericordia University, Dallas, PA. She has been an occupational therapist for 20 years, serving school-aged children and adults.

Kelly is the winner of multiple awards, including the 2020 American Occupational Therapy Association Emerging and Innovative Practice Award & a Mom's Choice Gold Medal. She is an adjunct faculty member at Elizabethtown College, Elizabethtown, PA as well as at Misericordia University, Dallas, PA. Kelly is a co-principal investigator in several research projects pertaining to topics such as interoception, self-regulation, trauma & autism.