

## WHAT IS NEWS?

### **CPD: Course & Webinars**

Video: Introspection The new topic in autism (4.55 minutes)

<https://www.kelly-mahler.com/resources/videos/interoception-the-new-topic-in-autism/>

Kelly Mahler has a range of short videos on the Introspection topic such as:

How do I feel Episodes 1 to 6:

Interoception Questions with Kelly Episodes 1 to 3

<https://www.kelly-mahler.com/resources/videos/>

### **News & Articles**

Interoception the eighth sensory system Part 1

<https://www.elitecme.com/resource-center/rehabilitation-therapy/interoception-the-eighth-sensory-system/>

Interoception Part 2: Strategies to build interoceptive awareness

<https://www.elitecme.com/resource-center/rehabilitation-therapy/interoception-part-2/>

Interoception and Sensory Processing Issues: What You Need to Know

<https://www.understood.org/en/learning-thinking-differences/child-learning-disabilities/sensory-processing-issues/interoception-and-sensory-processing-issues-what-you-need-to-know>

What is Interoception? The 8th Sensory System

<https://www.growinghandsonkids.com/interoception-8th-sensory-system.html>

Mindful Awareness influence body image

<https://medicalnewsbulletin.com/mindful-awareness-influence-body-image/>

Trouble sleeping

[https://www.huffpost.com/entry/trouble-sleeping-listen-t\\_b\\_11759986?guccounter=1](https://www.huffpost.com/entry/trouble-sleeping-listen-t_b_11759986?guccounter=1)

### **Journals**

Interoception in Autism Spectrum Disorder: A review

<https://www.ncbi.nlm.nih.gov/pubmed/27269967>

Interoceptive ability and body awareness in autism spectrum disorder

<https://www.ncbi.nlm.nih.gov/pubmed/25498876>

The Interoception Sensory Questionnaire (ISQ): A Scale to Measure Interoceptive Challenges in Adults

<https://www.ncbi.nlm.nih.gov/pubmed/29748924>

Interoception relates to sleep and sleep disorders

<https://doi.org/10.1016/j.cobeha.2019.11.008>

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**Books**

Interoception: How I Feel: Sensing My World from the Inside Out

<https://www.amazon.co.uk/Interoception-Feel-Sensing-World-Inside-Out/dp/1732196109/>

**Products**

Wobl Watch

<https://www.amazon.co.uk/Wobl-Watch-Childrens-Vibrating-Reminder/dp/B00HFRA68/>

Show me where pain

<https://www.showmewherepain.co.uk/>

**Apps**

Brain in hand: Autism support App

<https://www.autism.org.uk/services/education/brain-in-hand.aspx>

<https://braininhand.co.uk/>

**Websites of Interest**

Website with lots of information and resources about Interoception:

<https://www.kelly-mahler.com/>

**Activity ideas**

Hunger and Fullness scales

[http://www.dchs.nhs.uk/assets/public/dchs/llb/tools/tools\\_1-11/4\\_DCHS\\_A5\\_4pp\\_The\\_Hunger\\_Scale.pdf](http://www.dchs.nhs.uk/assets/public/dchs/llb/tools/tools_1-11/4_DCHS_A5_4pp_The_Hunger_Scale.pdf)

<https://blog.naturessunshine.com/en/the-hunger-scale-10-levels-of-hunger-sensations/>

<https://peaceandpancakes.com/2017/12/18/10-practical-mindful-eating-tips/>

17 Anger management activities for kids with free downloadable calm down cards and emotion charts

<https://veryspecialtales.com/17-anger-management-activities-for-kids/>

**Any other interesting bits....**

Interesting advice for kids that overeat, due to poor interoception:

<https://www.autism.org.uk/about/health/eating.aspx>

Please do not hesitate to contact me if you require any further advice or have questions.

Kind regards,

*Lizelle Keyser*

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Date: June 2020

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