

Belmont University

Belmont Digital Repository

OTD Capstone Projects

School Of Occupational Therapy

Spring 4-16-2021

Illuminate Academy Interoception Curriculum & Resources

Paige Poole

paige.poole@pop.belmont.edu

Follow this and additional works at: <https://repository.belmont.edu/otdcapstoneprojects>



Part of the [Occupational Therapy Commons](#)

Recommended Citation

Poole, Paige, "Illuminate Academy Interoception Curriculum & Resources" (2021). *OTD Capstone Projects*. 79.

<https://repository.belmont.edu/otdcapstoneprojects/79>

This Scholarly Project is brought to you for free and open access by the School Of Occupational Therapy at Belmont Digital Repository. It has been accepted for inclusion in OTD Capstone Projects by an authorized administrator of Belmont Digital Repository. For more information, please contact repository@belmont.edu.



Illuminate Academy Interoception Curriculum & Resources

Paige Poole, OTD/S

Expert Mentor: Jacqueline Nigrelli, M.A.

Faculty Mentor: Halle King, OTD, OTR/L



Mission and Vision:

To create an educational community that partners with families in achieving growth for all children.

They expect to do this by building meaningful relationships that increase engagement and foster regulation, within a safe and supported environment.

Project Description:

Interoception is a sense that allows us to notice internal body signals like a growling stomach, racing heart, tense muscles or full bladder. When we notice these body signals our brain uses them as clues to our emotions. Interoception helps us to feel many important emotions including hunger, pain, sleepiness, anxiety, need for bathroom, and sadness. Research has shown that participants with Autism and sensory processing disorder have significantly lower awareness of their interoceptive signals.



Project Goals:

- Research best practice for the Interoception curriculum by utilizing at least 3 multimedia resources
- Implement and expand upon the Interoception curriculum at Illuminate Academy by creating deliverables and transactional supports
- Build rapport and learn about the students at Illuminate Academy by collaborating with staff and interacting with the population
- Update and re-organize resource materials in both a written and electronic format at Illuminate Academy in order to be more user-friendly and accessible for staff to increase occupational success of students
- Collect data to measure occupational engagement and complete management tasks to facilitate safe occupational performance of the clients and facility
- Research best practice to develop sensory strategies to facilitate participation and success of students in the classroom

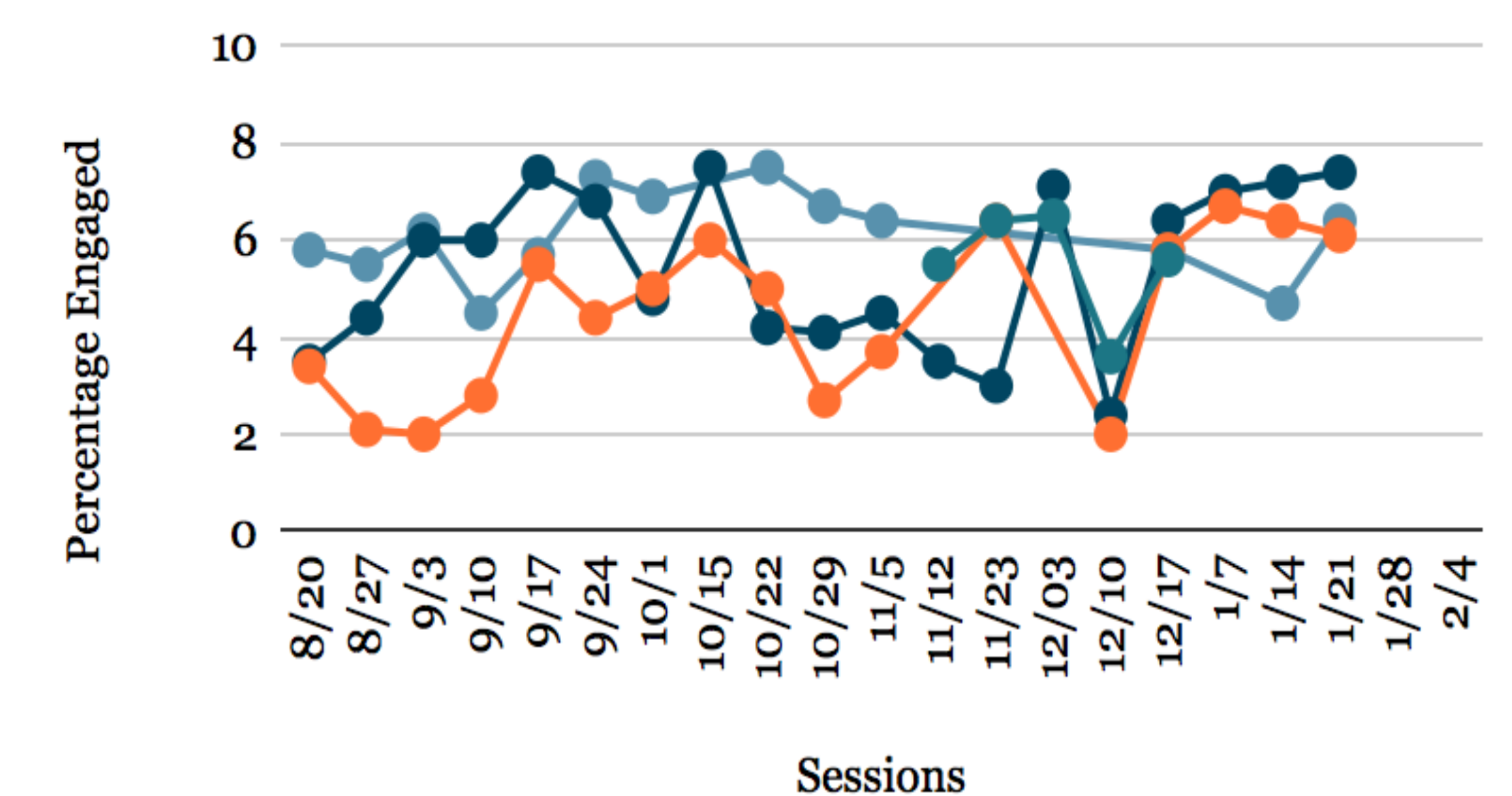
Agency Needs:

- For students to have a deeper understanding of body signals and emotions to increase classroom participation
- Additional transactional supports in order to more efficiently implement the Interoception program.
- A user-friendly and accessible way to organize their resource materials in order to increase occupational success of students.
- Visual representation of classroom participation to track engagement level of students week by week

Project Outcomes:

- Transactional supports & deliverables to enhance the Interoception curriculum that meets the needs of the children at Illuminate Academy
- Updated and organized written and electronic resource materials
- Visual graphs representing student's engagement week by week
- Increased engagement and participation of students through implementation of sensory strategies

VAS Engagement Data: 2020-2021



Acknowledgements:

Thank you so much to my expert and faculty mentor for their guidance, knowledge, feedback, and assistance through this capstone journey! I would also like to thank the staff and students at Illuminate Academy for allowing me to join their team the past few months and making Illuminate Academy feel like home! I am so grateful for this experience and will take the knowledge and skills gained with me throughout my career.

