



**Kelly Mahler: The Newest Science of Embodiment: Lessons from Interoception, the Eighth Sense**



Kelly Mahler holds a Doctorate in Occupational Therapy and is an author, speaker, and a self-confessed interoception groupie. Discover the importance of interoceptive awareness for embodied living and wellbeing.

**TOP EMBODIMENT TIP:** Tune into your interoception. Go easy on yourself, especially if you are new to this. Challenge yourself to tune into one body part at a time.

Overview: **Defining Interoceptive Awareness**

- Identifying the eight senses and the important role of interoception. An overview of how the interoception sensory system helps us feel and understand emotional signals, homeostatic cues, and body-emotion connections.

The Vast Influence of Interoception: **Interoception and Embodiment**

- Understanding how interoceptive awareness influences our experience of self and the body, our ability to regulate emotions, our capacity for self-other awareness, our social connections, attunement, and attachments.
- Interoception explains why embodiment practices such as mindfulness and yoga enhance awareness.

Our Unique Interoceptive Experiences: **The Extremes of Interoceptive Awareness**

- Describing the functional impact of being under or over attuned to internal signals.
- Interoceptive awareness extremes are connected to many physical and mental health conditions.
- Recent research has made apparent the importance of interoceptive awareness and mental health.

The Established Evidence: **Interoceptive Awareness and Body Mindfulness**

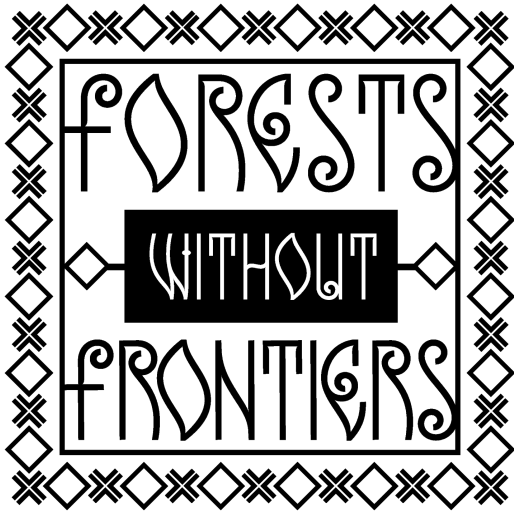
- Traditional mindfulness may not be a match for many clients, particularly those who are dysregulated.
- Dr. Mahler and colleagues have developed interoceptive awareness builders, rooted in mindfulness concepts, to develop interoceptive awareness in a playful, concrete manner.

Resources

- ❖ **Books:** *The Interoception Curriculum: A Step-By-Step Framework for Developing Mindful Self-Regulation*
- ❖ **Website:** [kelly-mahler.com](http://kelly-mahler.com)
- ❖ **Social:** Facebook Group - [Interoception: The Eighth Sensory System](#)



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