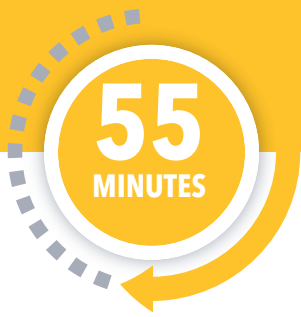


**INTERACTIVE METRONOME® ONDEMAND
CERTIFICATION & COACHING**

MODULE 5

IM TRAINING - PHASE TWO



MODULE 5

IM TRAINING - PHASE TWO



GATHER NEEDED EQUIPMENT & MATERIALS

LEARNING OBJECTIVES:

- Phase 1 Review
- IM Training: Phase 2

LOG YOUR ACTIVITY TIME HERE!

In each Module evaluation, you will be asked to log the amount of time it takes you to complete each course activity. This information will be used to ensure that the course CEUs have been calculated accurately. Please use this space provided to log your start time.

VIDEO START TIME

_____ AM/PM

ESTIMATED TOTAL TIME FOR THIS ACTIVITY IS 44 MINUTES

You will need the following to complete **Module 5**:

- Computer with good internet connection
- IM equipment (set up, connected to computer and ready to use)
- IM software (open software on your computer)
- IM training file (open your IM file) then minimize the IM software so you can begin the next module.
- Pencil to take notes

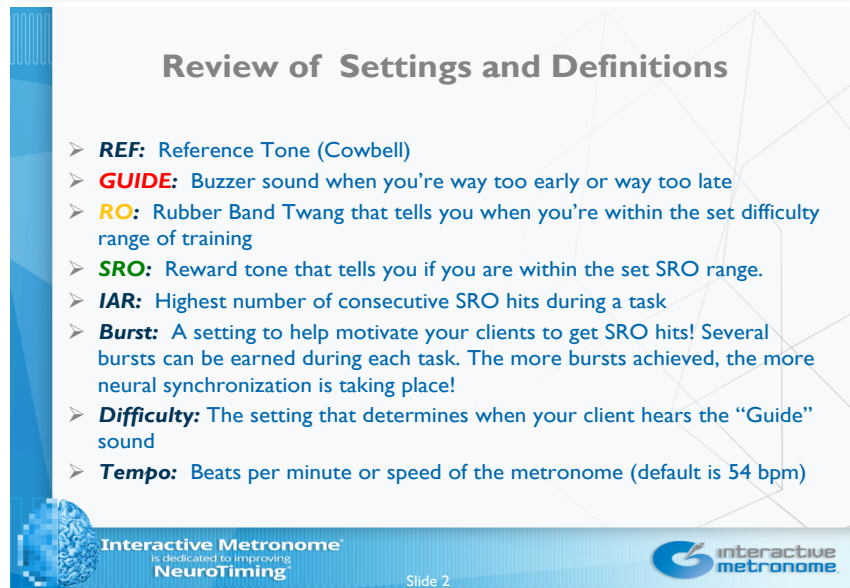
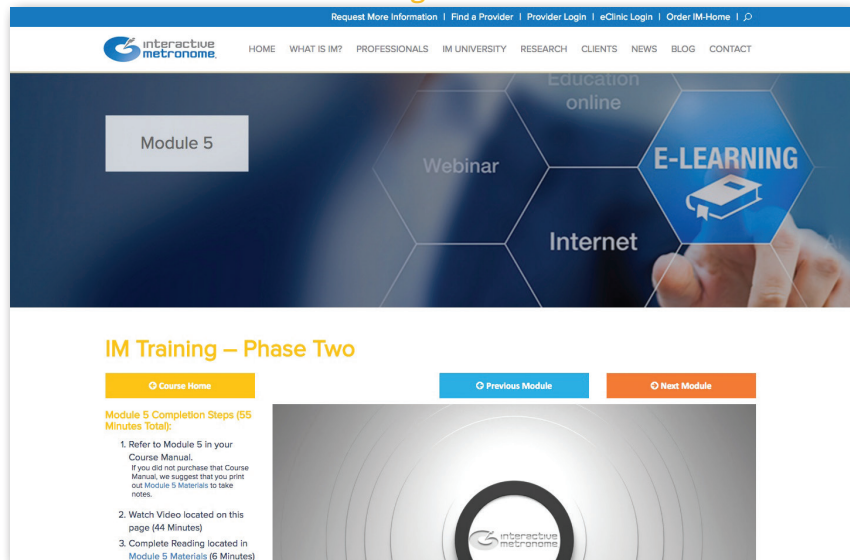


WATCH THE VIDEO

44 minutes

Access the Module video here:

<https://www.interactivemetronome.com/im-ondemand-certification-coaching-materials/module-5>



4 Phases of IM Training

Phases 1-2	Learn IM Ref Tone & Guide Sounds
Phases 3-4	Improve Timing & Rhythm

Note: Phases are not applicable for total hands-on training (i.e., with infants, low functioning clients).

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IM Training: PHASE 2

LEARN GUIDE SOUNDS

Goal: Learn to process the guide sounds and respond to them. Begin to demonstrate improvement in timing (lower millisecond Task Average scores).

Phase 2 transitions into Phase 3 rather seamlessly as timing continues to improve toward best timing scores in Phase 3.

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IM Training: PHASE 2

EXPLAINING THE GUIDE SOUNDS

➤ Turn guide sounds ON & explain what they mean

- ♦ Guide sounds in the **LEFT ear** mean you are hitting too far ahead of the beat (hitting too fast). A buzzer in the LEFT ear means you are WAY too early. A bong sound in the LEFT ear means you are getting closer to the beat but are hitting a little early.
- ♦ Guide sounds in the **RIGHT ear** mean you are hitting too far after the beat (hitting too slow). A buzzer in the RIGHT ear means you are WAY too late. A bong in the RIGHT ear means you are getting closer to the beat but are hitting a little too late.
- ♦ A high pitch rewarding tone will be heard in **both ears** (BING!) when you are right exactly on the beat.
- ♦ It will take a few sessions for you to learn the Guide Sounds. Your goal is to hear the reward tone in both ears as much as possible, so adjust your timing in response to the guide sound to get closer to the beat.

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IM Training: PHASE 2

➤ Strategies to help learn & process guide sounds:

- ◆ Reduce volume of guide sounds relative to reference tone (ref tone will stand out more)
- ◆ Turn some guide sounds off if too much to process (i.e., keep GUIDE turned on as a boundary to stay within, turn off RO, and SRO)
- ◆ Turn on Training Visuals (Games are not the best option for most when learning guide sounds as they may be too distracting)

***GOALS: TO PROCESS & RESPOND TO GUIDE SOUNDS TO IMPROVE TIMING. TO BE ABLE TO PROCESS AUDITORY GUIDE SOUNDS WITHOUT VISUAL CUES (i.e., Training Visuals).**

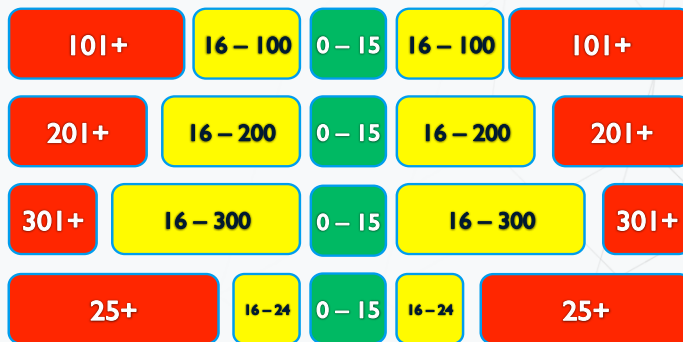


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PHASE 2: Adjust Difficulty



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PHASE 2: Adjust Difficulty

Patient's MS Average	<u>Suggested</u> Difficulty Setting
More than 300 ms	300 (easiest setting)
200 ms.....add 100 to range	300
150 ms.....add 100 to range	250
100 ms.....add 50 to range	150
50 ms.....add 50 to range	100
Less than 25 ms	Auto (most challenging)

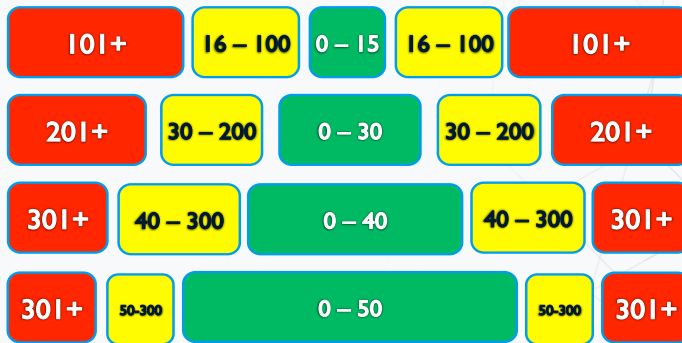


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PHASE 2: Adjust SRO



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PHASE 2: Adjust SRO

Patient's MS Average	<u>Suggested</u> SRO Setting
More than 300 ms	50 (easiest setting)
Between 200 ms and 300 ms	45 - 50
Between 150 ms and 200 ms	30 - 45
Between 100 ms and 150 ms	25 - 35
Under 100 ms	15 - 25
Less than 25 ms	10 - 15

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PHASE 2

Adjust the Intensity of Feedback for Timing

Performs BETTER with guide sounds	Performs WORSE with guide sounds
Adjust Difficulty & SRO settings to be more challenging as appropriate to nudge patient closer and closer toward 0 milliseconds (lower scores are better).	Adjust Difficulty & SRO settings so that buzzer is heard less often, making it easier to process.
Adjust burst threshold higher as appropriate to encourage more intense & precise focus, processing, & fine motor control.	Turn down the volume of the guide sounds so that the ref tone is the loudest sound he hears to aid processing.
Increase repetitions as tolerated.	Turn volume of all guide sounds down to zero except for the one labeled GUIDE & use this as an outer boundary to keep timing below a certain threshold.
	Turn on the visual mode to help process guide sounds & learn to respond to them.

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IM Training: PHASE 2

- Hand exercises (Both Hands, Right Hand, Left Hand)
- Increase duration of each exercise to 2-5 minutes per exercise.
- Aim for 30 min of active training per session (1400-1600 reps per session as tolerated).
- Continue to cue as needed (verbal, physical assist)
- Adjust IM settings to facilitate better timing
 - ◆ As processing guide sounds & responding to them improves, adjust Difficulty & SRO range (i.e., to leverage the feedback and improve timing more rapidly)

A MORE HANDS-ON APPROACH WILL BE NECESSARY FOR INFANTS AND INDIVIDUALS WHO ARE SUBSTANTIALLY COGNITIVELY AND/OR PHYSICALLY IMPAIRED. MORE ON THAT NEXT...



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PHASE 2 Training Examples



Phase 2
Learn the Guide Sounds



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Hands-On IM Training



Hands-On IM Training:
Infants/Early Intervention



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Hands-On IM Training



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Infants/Early Intervention POSITIONING

- In your lap
- In parent's lap
- In Kinder chair
- In stander



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Infants/Early Intervention TRIGGER LOGISTICS



**Button trigger for
foot tasks**



**Therapist wears
trigger and couples
child's hand**



**Tap mat on
wedge or
slant board**



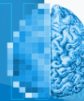
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Infants/Early Intervention DISTRACTIONS

- **IM games (in software)**
- **Singing/Nursery Rhymes**
- **Visual Toys or One-Handed Toys**
- **Videos/DVDs**
- **Counting**
- **Word Labeling-Vocabulary Building**



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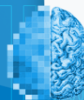
PHASE 2 LAB: LEARN GUIDE SOUNDS WITHOUT VISUAL CUES DEFAULT SETTINGS

SELECT:

- Regular Training
- Both Hands
- 2 minutes
- Tempo 54 (default)
- Difficulty 100 (default)
- SRO 15 (default)
- Burst threshold 4 (default)
- Guide sounds ON ✓
- Visual Indicator Selection: **Auditory*****
- Background: Default
- **Try closing your eyes to help focus**
- **Counteract your timing tendency**
- *****Do not look at the computer screen**



POP QUIZ: Does closing your eyes help you focus? Would you eventually want to do all exercises with eyes open? Why?



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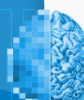
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PHASE 2 LAB: LEARN GUIDE SOUNDS WITH VISUAL CUES DEFAULT SETTINGS

SELECT:


- Regular Training
- Both Hands
- 2 minutes
- Tempo 54 (default)
- Difficulty 100 (default)
- SRO 15 (default)
- Burst threshold 4 (default)
- Guide sounds ON ✓
- Visual Indicator Selection: Enriched Score without Center Flash*
- Background: Select a stationary background (shown in white font)
- **Counteract your timing tendency**
- ***Look at the computer screen**



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PHASE 2 LAB: LEARN GUIDE SOUNDS WITH VISUAL CUES EASIER SETTINGS

SELECT:



- Regular Training
- Both Hands
- 1 minute
- Tempo 54 (default)
- Difficulty 200 (easier)
- SRO 30 (easier)
- Burst threshold 3 (easier)
- Guide sounds ON ✓
- Visual Indicator Selection: Enriched Score without Center Flash*
- Background: Select a stationary background (shown in white font)
- **Counteract your timing tendency**

***Look at the computer screen**



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COMPLETE THE ADDITIONAL READING

6 minutes

REVIEW OF THE GUIDE SOUNDS VERY EARLY - VERY LATE GUIDE SOUND

**+/-
101+**

- When Difficulty is set at the default setting of 100, hits that are > 100ms ahead of or after the beat receive a buzzer sound.
- A buzzer heard in the LEFT ear means he hit VERY EARLY.
- A buzzer heard in the RIGHT ear means he hit VERY LATE.

EARLY - LATE GUIDE SOUND (RIGHT ON)

**+/-
16 to 100**

- When Difficulty is set at the default setting of 100 and SRO is set at 15, hits that are between 16-100 ms before or after the beat receive a rubberband twang sound (bong).
- A bong heard in the LEFT ear means he hit EARLY.
- A bong heard in the RIGHT ear means he hit LATE.

SUPER RIGHT-ON GUIDE SOUND

**+/-
0 to 15**

- When the SRO is set at the default setting of 15, hits that fall between 0-15ms are considered Super Right On.
- A high pitch reward tone (ding) is heard in both ears simultaneously when this happens.
- The goal of IM training is to achieve more and more of these SRO hits, which is an indication of improved timing & rhythm.

LOG YOUR TIME HERE!

VIDEO END TIME _____ AM/PM

TOTAL ACTIVITY TIME
(IN MINUTES) _____ MIN.

ESTIMATED TOTAL TIME FOR THIS
ACTIVITY IS 44 MINUTES

LOG YOUR ACTIVITY TIME HERE!

READING START TIME
_____ AM/PM

ESTIMATED TOTAL TIME FOR THIS
ACTIVITY IS 6 MINUTES

NOTES

ADJUST IM SETTINGS TO HELP YOUR CLIENT LEARN THE GUIDE SOUNDS

The following setting adjustments may help your client learn to process the guide sounds so that he can improve his timing & rhythm:

- **INTRODUCE TRAINING VISUALS** – Introduce low distraction Training Visuals (avoid Games at this point).
- **ADJUST THE DIFFICULTY** – Adjust the Difficulty to an easier setting so that your client does not hear the buzzer (Guide) too frequently. The easiest setting is 300.

Client's Millisecond Average:	Adjust Difficulty Setting to:
More than 300 ms	300 (highest)
200 ms	300 (add 100)
150 ms	250 (add 100)
100 ms	150 (add 50)
50 ms	100 (add 50)
Less than 25 ms	Auto (most challenging)

- **ADJUST THE SRO RANGE** – Adjust the SRO range to a higher number so that it is easier to obtain SRO hits. It can be set as high as 50.
- **ADJUST THE TEMPO** – By decreasing the tempo slightly, your client will have more time to process and respond to the guide sounds. In some cases, increasing the tempo is helpful for clients who have trouble controlling impulses.
- **ADJUST THE VOLUME** – To help your client better distinguish the reference tone from the guide sounds, turn down the Volume of the Guide Sounds so that the Reference Tone will be heard the loudest. You can also opt to turn the volume of some of the guide sounds to zero (0) temporarily so that your client only has to process one guide sound (i.e., the buzzer can serve as a boundary to tell your client he's too fast or too slow while he hears just the reference tone the rest of the time). In this example, the volume settings may look like this:
 - Reference Tone - 127
 - Guide - 90
 - Right-On - 0
 - SRO - 0

You may also wish to adjust the volume to a lower setting for the reference tone and guide sounds for individuals with auditory hypersensitivity.

LOG YOUR ACTIVITY TIME HERE!

READING END TIME
_____ AM/PM

TOTAL ACTIVITY TIME (IN MINUTES)
_____ MIN.

ESTIMATED TOTAL TIME FOR THIS ACTIVITY IS 6 MINUTES



TAKE THE ONLINE POST-TEST & EVALUATION FOR MODULE 5

5 minutes

To view the course materials for this Module visit:

<https://www.interactivemetronome.com/im-ondemand-certification-coaching-materials/module-5>



CONTACT US WITH ANY QUESTIONS

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DON'T FORGET TO REFERENCE YOUR NOTES FOR THE TIME LOGGED ACTIVITIES IN THIS MODULE, WHICH WILL BE ASKED IN THE EVALUATION.