

**INTERACTIVE METRONOME® ONDEMAND
CERTIFICATION & COACHING**

MODULE 6

IM TRAINING - PHASE THREE



MODULE 6

IM TRAINING - PHASE THREE



GATHER NEEDED EQUIPMENT & MATERIALS

LEARNING OBJECTIVES:

- Phases 1 & 2 Review
- Introduction of IM Games
- IM Training: Phase 3

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 31 MINUTES

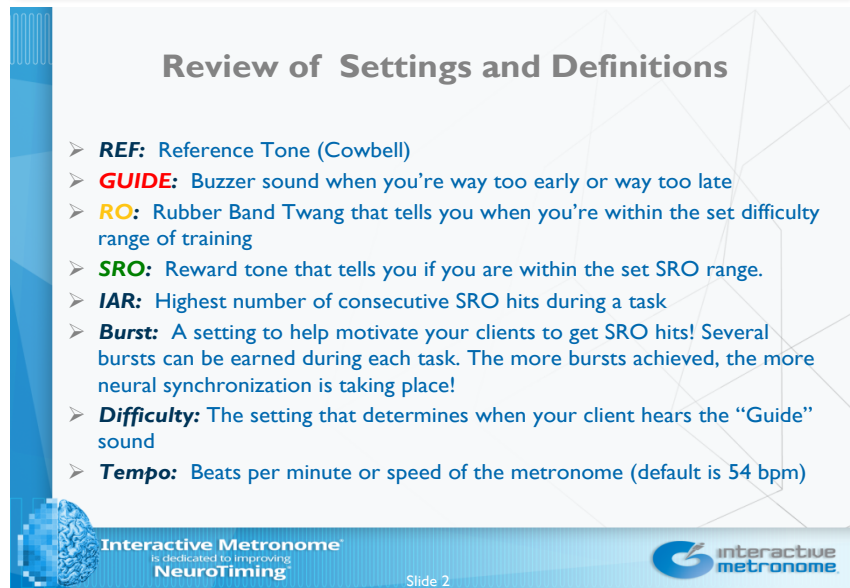
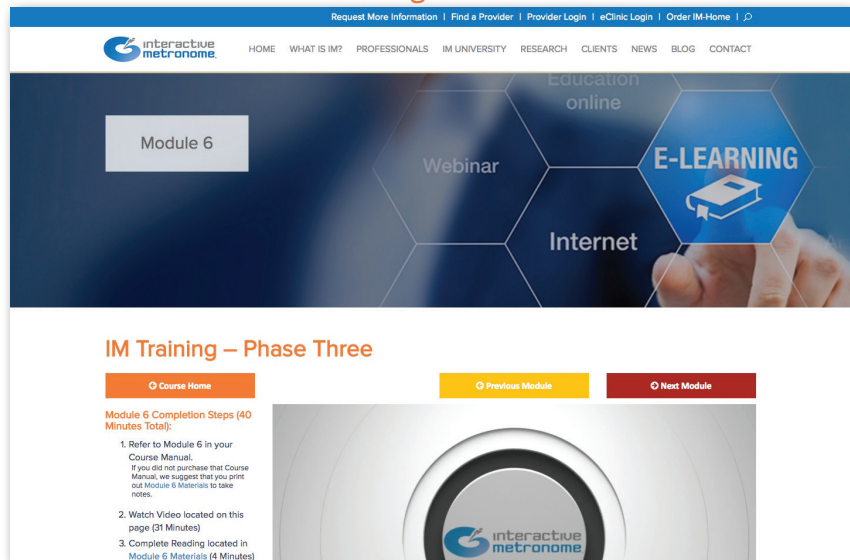


WATCH THE VIDEO

31 minutes

Access the Module video here:

<https://www.interactivemetronome.com/im-ondemand-certification-coaching-materials/module-6>



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).



Interactive Metronome
is dedicated to improving
NeuroTiming

Slide 3



IM Training: PHASE 3

DEVELOP BASIC TIMING

Goal: Continue to develop timing with the hands until best scores are achieved (lowest millisecond Task Average scores).

This is important because timing with the hands (exercises 1-3) will provide a framework upon which timing will then develop in the rest of the body (exercises 4-13, custom exercises) in Phase 4.



Interactive Metronome
is dedicated to improving
NeuroTiming

Slide 4



IM Training: PHASE 3

DEVELOP BASIC TIMING

- Repeat hand exercises (Both Hands, Right Hand, Left Hand)
- Increase time per exercise to 3-5 minutes
- Aim for 30 min of active training per session (1400-1600 reps)
- Guide sounds remain ON
- Adjust IM settings to leverage performance (i.e., give more feedback as tolerated by adjusting Difficulty, SRO range)
- Aim for lowest MS Task Average possible
- Aim for higher number of bursts & SRO hits



Interactive Metronome
is dedicated to improving
NeuroTiming

Slide 5



PHASE 3: Games

How can the games influence performance?

- Help learn to process the auditory guide sounds
- Enhance training experience & motivate
- Improve timing with emphasis on SRO hits
- Encourage sustained attention and effort for completion of longer exercises



Interactive Metronome[®]
is dedicated to improving
NeuroTiming[™]

Slide 6



PHASE 3: Games

When is the best time to introduce the games?

- Use your best judgment – don't introduce games too early. eClinic templates ease into the games.
- Trial & error approach to finding the right fit
- Monitor for sensory overload – check with caregivers about behavior and function outside of sessions.
- Games can facilitate visual tracking- beware of computer monitor placement



PHASE 3: Games

How can I use the games to leverage performance?

- Use the games as a reward or motivator
"Johnny, if you get a score below 65 MS on this two minute task, I will let you choose a game to play for your next 2 minute task!"
- Have your student/client target "greens" – adjust SRO range to as much as 50 MS to make "greens" easier to achieve.
- Continually adjust settings to nudge toward better timing.



PHASE 3: Games*

- All IM games have POSITIVE reinforcement
- A few have NEGATIVE reinforcement (consequence for very early or late hits)
- Keep this in mind when selecting games for your student/client



*(see appendix page A-14 for more detailed descriptions)

Interactive Metronome
is dedicated to improving
NeuroTiming

Slide 9



PHASE 3 Training Examples



Interactive Metronome
is dedicated to improving
NeuroTiming

Slide 10



PHASE 3 LAB: IMPROVE TIMING & RHYTHM WITH YOUR HANDS (ADJUST YOUR SETTINGS)

SELECT:

- Regular Training
 - Both Hands
 - 2 minutes
 - Tempo 54 (default)
 - **SELECT Difficulty***
 - **SELECT SRO***
 - **SELECT Burst threshold***
 - Guide sounds ON ✓
 - **SELECT Auditory or Training Visuals***
- (NO GAMES YET)**



**CHOOSE SETTINGS THAT WILL PROVIDE THE
MAXIMUM FEEDBACK IN ORDER TO NUDGE YOUR MS
TASK AVERAGE LOWER (TOWARD 0 MS)**

Interactive Metronome
is dedicated to improving
NeuroTiming

Slide 11





PHASE 3 LAB: GAMES WITH POSITIVE REINFORCEMENT

SELECT:

- Regular Training
- Both Hands
- 2 minutes
- Tempo 54 (default)
- **SELECT Difficulty***
- **SELECT SRO***
- **SELECT Burst threshold***
- Guide sounds ON ✓
- **SELECT A GAME WITH POSITIVE REINFORCEMENT**
(see appendix page A-14)



CHOOSE SETTINGS THAT WILL PROVIDE THE MAXIMUM FEEDBACK IN ORDER TO NUDGE YOUR MS TASK AVERAGE LOWER (TOWARD 0 MS)



PHASE 3 LAB: GAMES WITH NEGATIVE REINFORCEMENT

SELECT:

- Regular Training
- Both Hands
- 2 minutes
- Tempo 54 (default)
- **SELECT Difficulty***
- **SELECT SRO***
- **SELECT Burst threshold***
- Guide sounds ON ✓
- **SELECT A GAME WITH NEGATIVE REINFORCEMENT**
(see appendix page A-14)



CHOOSE SETTINGS THAT WILL PROVIDE THE MAXIMUM FEEDBACK IN ORDER TO NUDGE YOUR MS TASK AVERAGE LOWER (TOWARD 0 MS)

IM TRAINING TIP

An “off” session or two can be expected at some point in the training

- Don't change plans just yet
- Some clients have a few poor scores right before they make a big gain in their timing
- Explore environmental and family changes that could be affecting overall behavior
- If lack of progress persists, it is time to reassess



LOG YOUR ACTIVITY TIME HERE!

VIDEO END TIME _____ AM/PM

TOTAL VIDEO ACTIVITY TIME (IN MINUTES) _____ MIN.

ESTIMATED TOTAL TIME FOR THIS ACTIVITY IS 31 MINUTES



COMPLETE THE ADDITIONAL READING

4 minutes

NOTES

LOG YOUR ACTIVITY
TIME HERE!

READING START
TIME

_____ AM/PM
ESTIMATED TOTAL
TIME FOR THIS
ACTIVITY IS 4
MINUTES

ADJUST IM SETTINGS TO FACILITATE PROGRESS

Over the course of Phases 1 and 2 you have identified the IM settings that work best for your client (i.e., volume, tempo, difficulty, SRO, etc.). In Phase 3, you will continue to monitor the impact of the IM settings you have selected on your client's performance and adjust them as appropriate to continue to facilitate progress.

- **SRO RANGE** – If you adjusted the SRO range to a higher number (i.e., 50) to make it easier for your client to achieve SRO hits and bursts, you will want to adjust this setting gradually back toward 15-20 as your client's scores improve.
- **TRAINING VISUALS** – If your client demonstrates weaker auditory attention and processing skills and you have used the Training Visuals to help your client learn the guide sounds, you may want to wean from these visual cues to address auditory processing by training in Auditory mode.
- **DIFFICULTY** - As your client's scores get better, use the following chart as a guide to adjust the Difficulty to facilitate further progress.

| 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) |

- **TEMPO** – If you've adjusted the tempo to a slower or faster setting, work on progressively getting it back to the default setting of 54 bpm.
- **TASK DURATION** – Increase the minutes or repetitions on each exercise as your client demonstrates readiness. Repetition creates neurological change!
- **GUIDE SOUND VOLUMES** – If you've made adjustments in the volume settings to make it easier for your client to process the guide sounds, work toward getting all of the volumes turned on and at the same level as the reference tone (with the exception of Master Volume – that should remain untouched).

BACKGROUND NOISE IN GAMES

Once basic timing skills have been established with the hands in Phase 3, you may wish to introduce Games. It is important that Games are not introduced too early in IM training so that your client is not overly distracted and can be successful at them.

Background noise is an optional feature in the games for more advanced training. This feature is helpful for working on focusing in the presence of distractions and auditory processing in background noise. The default volume for Games is zero (0). You can adjust this to introduce background noise in Phase 3 once your client demonstrates readiness. Your client may be ready for this challenge when he has achieved very good to excellent timing according to the Indicator Table.

LOG YOUR ACTIVITY
TIME HERE!

READING END TIME
_____ AM/PM

TOTAL ACTIVITY
TIME (IN MINUTES)
_____ MIN.

ESTIMATED TOTAL
TIME FOR THIS
ACTIVITY IS 4
MINUTES

INDICATOR TABLE

| Age | 6 | 7 to 8 | 9 to 10 | 11 to 12 | 13 to 15 | 16+ |
|--------------------|----------|----------|----------|----------|----------|----------|
| Extreme Deficiency | 280+ | 270+ | 260+ | 240+ | 215+ | 200+ |
| Severe Deficiency | 175-279 | 170-269 | 160-259 | 155-239 | 150-214 | 147-199 |
| Below Average | 120-174 | 90-169 | 80-159 | 75-154 | 72-149 | 70-146 |
| Average | 90-119 | 65-89 | 55-79 | 45-74 | 43-71 | 41-69 |
| Above Average | 56-89 | 45-64 | 38-54 | 36-44 | 33-42 | 30-40 |
| Exceptional | 40-55 | 32-44 | 28-37 | 26-35 | 23-32 | 22-29 |
| Superior | Below 40 | Below 32 | Below 28 | Below 26 | Below 23 | Below 22 |



TAKE THE ONLINE POST-TEST & EVALUATION FOR MODULE 6
5 minutes

To view the course materials for this Module visit:
<https://www.interactivemetronome.com/im-ondemand-certification-coaching-materials/module-6>



CONTACT US WITH ANY QUESTIONS

Interactive Metronome, Inc.
13798 NW 4th St., Suite 300
Sunrise, FL 33325

Toll Free: 877-994-6776, Phone: 954-385-4660

Clinical Support:

clinicaled@interactivemetronome.com

Education Support:

education@interactivemetronome.com

Technical Support:

support@interactivemetronone.com

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

NOTES