



positive partnerships

Working together to support school-aged students on the autism spectrum

## FREE WEBINAR INTEROCEPTION



*Be part of an interactive hour where you will have the opportunity to listen, share and learn with parents/carers, teachers and others who support individuals on the autism spectrum.*

Interoception is the sense of our internal body – it is how we know how we feel. For people on the autism spectrum, interoception is often atypical. This makes it harder to recognise and manage feelings and emotions.

During this session, you will develop an understanding of what interoception is and explore how interoception relates to autism and other diverse individuals.

We will then look at some practical strategies to help individuals improve interoception and discuss why that might be useful.

There are two different session times to choose from.

**Wednesday 6 October, 2021** –  
📅 12:00 PM - 1:00 PM AEDT  
**Tuesday 12 October, 2021** –  
📅 7:00 PM - 8:00 PM AEDT

*All of our webinars are free and participants that attend receive a certificate following the completion of the webinar.*



To register for this webinar and find upcoming ones, visit

[positivepartnerships.com.au](https://positivepartnerships.com.au)