



CPD REFLECTIVE PRACTICE WORKSHEET

Episode 24: Interoception with Kim Barthel

Hosts: Tracy Stackhouse · Cory Dundon · Michelle Maunder

LISTENER NAME

DATE LISTENED

TOTAL LISTENING + REFLECTION TIME (MINS)

CPD HOURS CLAIMED



Episode Summary

This one is special for us: our first ever guest episode, with Kim Barthel from Relationship Matters in Canada, an OT and friend whose thinking has shaped how the three of us practise. Kim had been living and breathing a chapter she was writing on childhood trauma and dissociation, and she brings that lens straight into a conversation about interoception, the felt sense of what is happening inside the body.

We work through how interoception feeds neuroception, why safety and love sit underneath awareness rather than on top of it, and what all of this looks like in the room when a three and a half year old in the ball pit suddenly needs his mum. There is a lot of heart here, some genuinely mind-bending neuroscience, and a reminder that so much of our work happens before a single word is spoken.



Resources & Mentions

- Kim Barthel, our guest for this episode. An occupational therapist, teacher and speaker of over 37 years and founder of Relationship Matters (Canada), whose work spans complex behaviour, neurobiology, sensory processing, trauma-informed practice and attachment: kimbarthel.ca
- Polyvagal Theory and neuroception, Stephen Porges.
- Lisa Feldman Barrett, on the predictive brain and constructed emotion.
- Ruth Lanius, on trauma, the default mode network and sensory processing.
- Antonio Damasio, on consciousness and the self.
- The Interoceptive Mind: From Homeostasis to Awareness, edited by Helena De Preester and Manos Tsakiris.
- Jeff Blank, on the vestibular system as a foundation of interoception.
- [The Safe and Sound Protocol \(SSP\)](#) , the listening therapy from Unyte Health.
- SPIRIT model (Sensory, Affective, Motor), Tracy Stackhouse.
- Childhood Trauma and Dissociation textbook, Kim's chapter in progress at the time of recording (verify title and publication details).
- Check out DFX's Learning Journeys to build your clinical reasoning skills: [DFX Learning Journeys](#)



Reflection Prompts

Take a few quiet minutes to consider each prompt and write freely. Add or remove a prompt block to suit the episode.

- 1 The episode frames interoception as pre-perception that feeds neuroception, not just conscious body awareness. How does that shift the way you make sense of a child's behaviour?

- 2 Kim spoke about children who are permeable to our internal states. Reflect on a session where a child seemed to read how you were feeling before you said anything. What did you notice in yourself?

- 3 Think of a child you support who struggles to name what they feel. How might you build interoceptive trust through attunement and felt safety first, rather than labelling first?

- 4 How do you and your team hold the base of safety and co-regulation before moving a child to higher level goals like naming, participation, or skill? Where does that base tend to slip?

5

Choose one child for the week ahead. Before any interoceptive labelling, what is one thing you will do to establish felt safety at the very start of the session?
