

Interoception

Interoception is our EIGHTH sense:

1. Sight	5. Hearing
2. Smell	6. Proprioception
3. Taste	7. Vestibular
4. Touch	8. Interoception

What is Interoception?

Interoception is the awareness of internal bodily states. It can be broadly defined as the conscious perception of an internal bodily state, for example, one's heart beating and breathing. These senses are related to emotional experiences. Awareness of both biological and emotional internal body cues are impacted in individuals who are affected by trauma, including intergenerational trauma, and neurodevelopmental disabilities including the autism spectrum (Schauder, Mash, Bryant & Cascio, 2015, Mahler, 2016).

Structure of an interoception test: Participants are asked to focus on a specific part of the body for at least 30 seconds.

- x It enables a change to occur in one's body state while labelling the movement and part of the body involved (e.g. toes, stretch and curl up or curl under)
- x Repeat the same activity for a second time
- x The individual is encouraged to identify a change in their body state (e.g. hot/cold, soft/hard, stretch/relax) and where they felt that change (e.g. arch or ball of foot, on top

