

Experiencing Acceptance and Commitment Therapy (ACT):

A Journey for SLPs and Adults who Stutter



Saturday, October 17, 2015

8:30AM –4:00PM

3700 National Drive; Raleigh, NC 27612
(Conference Room – 1st floor)

\$75/SLPs; \$50/students

0.55 ASHA CEUs (Level: Introductory)

Intended Audience: SLPs, Adults who Stutter, Anyone Interested in Learning about ACT.

Scott Palasik, PhD, CCC-SLP

Scott is an Assistant Professor and director of the Mindfulness Behaviors and Social Cognition Stuttering Lab at the University of Akron. He's been an SLP for 15 years, teaches stuttering courses, has published research, and has presented at national, state, and local conferences. He is also developing the Mindfulness ACT Somatic Stuttering (MASS) Treatment Approach for People Who Stutter.

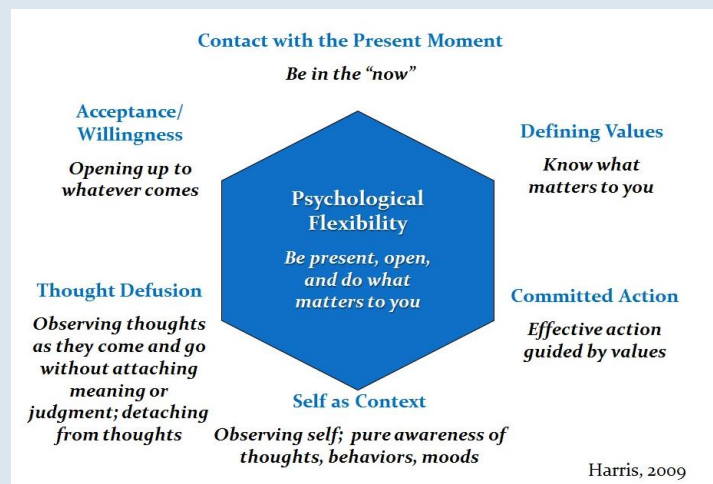
Jaime Michise, MS, CCC-SLP

Jaime is a Speech-Language Pathologist at Cincinnati Children's Hospital where she is a member of the Fluency Team. She works with children ages birth to twenty-one with a wide variety of communication disorders. Jaime has presented with Scott about ACT at various state conferences; and, they have also published a paper about the topic.

The field of communication disorders, specifically fluency and fluency disorders, has a long history of counseling clients who stutter using psychotherapy techniques. Acceptance and Commitment Therapy (pronounced as one word - ACT) is a clinical psychotherapy approach used to help clients of all ages address basic human suffering and negative thoughts related to stuttering. The hope is that they will become more psychologically flexible with all thoughts related to life and talking throughout the therapeutic process.

The purpose of this course is to provide participants with an experiential means of learning the six core processes of ACT:

Contact with the Present Moment, Acceptance/Willingness, Thought Defusion, Self as Context, Defining Values, Committed Actions



Furthermore, this session aims to provide functional activities that participants can use to complement their current practices of fluency shaping and/or stuttering modification techniques.

All individual and small group activities will be followed by large group debriefings/discussions, so that participants can ask questions and learn from each other.

AGENDA

8:30-9:00: Registration and Welcome

9:00-10:30: *Willingness to Embark* (Basics about stuttering and ACT; Acceptance/Willingness)

10:30-10:45: Break

10:45-12:00: *Exploring Who You Are* (Define Values; Contact with the Present Moment)

12:00-12:45: Lunch (Provided)

12:45-2:15: *Forks in the Road* (Thought Defusion; Self as Context)

2:15-2:30: Break

2:30-4:00: *Committing to Your Journey* (Committed Actions; Summary)

**"...we can never avoid uncertainty. This not knowing is part of the adventure; it's also what makes us afraid."
---Pema Chodron---**

REGISTRATION

Deadline to apply: **September 30, 2015**

*Registration after September 30th: \$90 (SLPs); \$65 (students)

Name: _____

Address: _____

Phone Number: _____

Email: _____

Work Setting/Affiliation: _____

Lunch will consist of assorted sandwiches (roast beef, turkey, ham, chicken salad, vegetarian); chips; pasta salad; potato salad; a fruit bowl; a pickle; and a cookie (chocolate chunk, macadamia nut, oatmeal raisin). Beverages will consist of sweetened/unsweetened tea, lemonade, and water.

Please identify any food allergies or sensitivities: _____

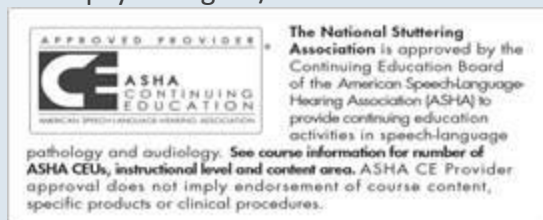
If you are interested in attending, you can register by:

1. Mailing this form and check to:
ACT Workshop (c/o Rita Thurman)
3700 National Dr. Suite 219
Raleigh, NC 27612
(Make checks payable to "Speech & Language Therapy Associates")
2. Registering over the phone: Call Rita Thurman at (919)571-0622 *(Be sure to have your credit card available)*

Questions?

Contact Rita Thurman at: thurmanrita@gmail.com

Target Audience: Speech-language pathologists, teachers, speech pathology students, special educators, parents of children who stutter and school-based psychologists/counselors.



This course is offered for 0.55 ASHA CEUs (Intermediate level, Professional area).

**Profits from this workshop will help to sponsor scholarship(s) to attend the National Stuttering Association conference.*