

# AVOIDANCE REDUCTION THERAPY FOR STUTTERING (ARTS®):

Advanced Training Workshop

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SEPTEMBER 21, 2018

Hosted by the Montreal Fluency Centre



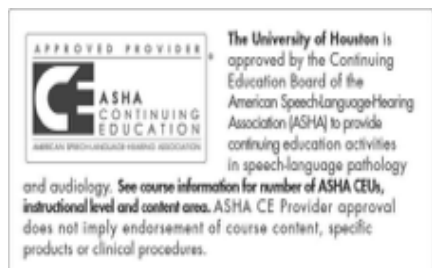
## ABOUT THE SPEAKER

Vivian Sisskin is a Clinical Professor in the Department of Hearing & Speech Sciences at the University of Maryland (USA). She is an ASHA Fellow and a Board-Certified Specialist in Fluency Disorders. Her articles, workshops and DVDs cover treatment for stuttering, principles of group therapy, atypical speech fluency disorders, and communication strategies or children with autism. Sisskin is the owner of the Sisskin Stuttering Center in the Washington DC metro area.



This workshop is offered for .6 ASHA CEUs (Professional area, advanced level). Disclosures: The presenters receive reimbursement for their presentations. No relevant non-financial

relationships to disclose.



**NB: This workshop will be presented in English**

Espace Canal

4020 St. Ambroise Street

Montreal, Quebec

## REGISTRATION

All fees are in CAD \$

Space is limited!

Register at

[www.montrealfluency.com](http://www.montrealfluency.com)

Early Bird 1-day workshop (before August 31, 2018)	\$240
Regular 1-day workshop (after August 31, 2018)	\$260

- The workshop fee includes the training workshop, handouts, continental breakfast, coffee breaks, lunch on site.
- Available in person only at Espace Canal. **No video streaming of this workshop will be available.**
- Registration and payment : [www.montrealfluency.com](http://www.montrealfluency.com)
- A \$65 processing fee will be charged if cancellations are made in less than one month prior to the workshop
- The MFC reserves the right to cancel the workshop one month prior if registration is insufficient

## QUESTIONS?

The Montreal Fluency Centre

514.489.4320 ext. 221

[info@montrealfluency.com](mailto:info@montrealfluency.com)

## Workshop Summary and Agenda:

This full-day workshop in Avoidance Reduction Therapy for Stuttering (ARTS®) is designed for speech-language pathologists with established knowledge and skills in treating stuttering.

ARTS® is based on the principle that there is a difference between stuttering, a neuro-developmental disorder, and struggling, learned behaviors created through the act of avoiding stuttering, and maintained by habit. Suppression of speech disfluency, one's identity as a person who stutters, as well as negative thoughts/emotions related to the experience of stuttering can lead to significant life impact. Outcomes of therapy include improved efficiency and comfort in communication, reduced frequency of disfluencies, as well as spontaneity, confidence and joy in communication.

The workshop will provide an overview of the theory and principles of Avoidance Reduction Therapy for Stuttering (ARTS®), present the nuts and bolts of assessment/treatment, and describe a framework for clinical instruction for those new to the approach.

This full-day workshop in Avoidance Reduction Therapy for Stuttering (ARTS®) is geared toward speech-language pathologists with established knowledge and skills in treating stuttering.

### Learning Outcomes:

- Describe 2 theoretical premises that support Avoidance Reduction Therapy for Stuttering (ARTS®).
- Compare and contrast ARTS® to other stuttering treatment approaches by explaining 2 similarities and 2 differences.
- List 3 treatment goals that are specific to ARTS® and describe a corresponding treatment activity for each.
- Describe 2 supports that will aid clinicians in developing technical and/or problem-solving skills for providing group therapy using ARTS®.

### Time-Ordered Agenda (.6 CEUs)

8:00-8:30 – Registration

8:30-10:30 – Theory and fundamental principles of ARTS®.

10:30-10:45- Break

10:45-12:00 – Goals and treatment activities

12:00-1:00 – Lunch

1:00-2:45 – Counseling and advanced problem solving

2:45-3:00- Break

3:00-3:45- Group session design, assessment, data collection

3:45-4:00- Outcomes and summary