

2019 MSHA Convention - Friday Session Descriptions:

Session Title: “The Journey of Acceptance and Commitment Therapy”

Presenter(s): Scott Palasik

Description: Acceptance and Commitment Therapy (ACT) is a mindfulness and Cognitive Behavior Therapy (CBT) based approach that assists clients in living a valued-based life through the development of psychological flexibility. During this experiential training, presenters will guide attendees through exercises to help them better understand each of the six core principles of ACT: 1) contact with the present moment, 2) acceptance and willingness, 3) thought defusion, 4) self as context, 5) defining values, and 6) committed action. Presenters will provide clinical examples using ACT with individuals who stutter and summarize current neurological research that exists as it relates to ACT.

Learning Outcomes:

- As a result of this presentation, the participant will be able to list the six core principles of Acceptance and Commitment Therapy (ACT).
 - As a result of this presentation the participant will be able to define psychological flexibility.
 - As a result of this presentation, the participant will be able to describe three ways to implement ACT into therapy sessions with people who stutter.
 - As a result of viewing this presentation, the participant will be able to describe the Social emotional effects of stuttering on a person who stutters.
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Session Title: “AuD- Cochlear Implants: “Incorporating Objective Measures and Telepractice into Cochlear-Implant Service Delivery”

Presenter(s): Michelle Hughes

Description: This course will focus on ways to expand cochlear implant (CI) service delivery beyond basic sound processor programming. Specifically, we will discuss the basics of using objective physiological measures to assist with CI programming for individuals who cannot provide the reliable behavioral feedback necessary for programming the sound processor. We will also discuss procedures, tips, and challenges associated with delivering comprehensive clinical CI services via telepractice.

Learning Outcomes:

- Participants will be able to describe how to measure the electrically evoked compound action potential (eCAP) and the electrically evoked stapedial reflex threshold (eSRT), and describe how to use these measures to augment cochlear implant (CI) programming.
 - Participants will be able to explain the importance of monitoring electrode impedances over time, and will be able to describe atypical impedance patterns.
 - Participants will be able to describe challenges and solutions for delivering CI services via telepractice.
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Session Title: “IDDSI Implementation and the Impact Clinical Practice”

Presenter(s): Kelsey Storm and Bridgette Loomis

Description: IDDSI Implementation and the Impact on Clinical Practice will dive into the International Dysphagia Diet Standardization Initiative by learning the why's and how's of this significant change in dysphagia diet terminology. As well as learning how to measure consistencies and define each new level, participants will learn how to help implement this change in their work setting and increase interdisciplinary communication. This session will also focus on literature review and discussion of current best practice for diet modifications and other compensatory strategies for dysphagia.

Learning Outcomes:

- Identify, define, and measure consistencies for each IDDSI level.
 - Identify other criteria for interdisciplinary use of IDDSI.
 - Identify 2-3 ways to implement IDDSI in your own work setting.
 - Identify differences between NDD and IDDSI.
 - Current best practice for diet modifications and other compensatory strategies for dysphagia.
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Session Title: "Assessment of Speech Sound Disorder: Using the Glaspey Dynamic Assessment of Phonology & Developmental Norms"

Presenter(s): Amy Glaspey

Description: A comprehensive evaluation is a high-stakes clinical process that is significant for the accurate identification of children with Speech Sound Disorder. Thus, this presentation will provide clinicians with an overview of recommended procedures including: (1) the core components of a diagnostic evaluation for Speech Sound Disorder (SSD), (2) Connected Speech Sampling, (3) dynamic assessment principles, (4) the steps for administering the Glaspey Dynamic Assessment of Phonology (GDAP) (Glaspey, 2019), which is a nationally normed and standardized dynamic assessment of speech sound disorder, (5) the procedures for using criterion and normative data for clinical decision making, and (6) Case-based applications. Overall, this information will be summarized to show the clinical utility of the GDAP to accurately identify individuals with a speech sound disorder.

Learning Outcomes:

- List the core components & procedures of a diagnostic evaluation for SSD that includes dynamic assessment
 - Describe procedures for prompting with the Glaspey Dynamic Assessment of Phonology
 - Use normative data to make developmental comparisons between current clients and a normative sample
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Session Title: "Tinnitus Management: Approaches for Today's Clinicians"

Presenter(s): Julie Dunphy

Description: Roughly 90 percent of tinnitus cases occur with an underlying hearing loss and many patients will seek treatment for their tinnitus before they seek treatment for their hearing loss. Clinics can differentiate themselves through tinnitus evaluation and management, but is it realistic in your busy clinic? Attendees of this course will learn how to implement a step-by-step approach to tinnitus management in even the busiest of clinics. This course will review the basics of tinnitus evaluation, the types of tinnitus management available and the efficacy of fractal tones for sound therapy in tinnitus management. The use of mobile apps for education and personalization will be reviewed. After taking this course, attendees will understand how to efficiently add tinnitus management services to meet the needs of their tinnitus patients.

Learning Outcomes:

- After this course learners will be able to state the number of people in the USA population with tinnitus and how to identify a candidate for tinnitus management.
 - After this course learners will be able to explain the components of a tinnitus evaluation and management protocol.
 - After this course learners will be able to explain how fractal tones contribute to tinnitus therapy.
 - After this course learners will be able to explain the role of mobile apps for improving outcomes and reducing follow-up visits
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Session Title: “Utilizing Neuroplasticity and Caregiver Support for Optimal Aphasia Rehabilitation”

Presenter(s): Jenna Griffin

Description: This session will examine two seemingly divergent clinical practices and their use together to maximize aphasia recovery. Successful aphasia rehabilitation utilizes principles of neuroplasticity to maximize recovery, and extends the sphere of healthcare beyond solely the patient to include the family caregiver(s). Discussion will center on fostering knowledge of recent developments in our field’s understanding of neuroplasticity, as well as extending the scope of care beyond solely the patient with aphasia to their family caregiver(s). Recent developments and the current state of neuroplasticity research will be discussed, as well as strategies to maximize experience-dependent neuroplasticity for patients in the acute and chronic phases of recovery. Strategies to involve the patient-family unit in all stages of recovery will be provided. Through didactic lecture and hands-on experiential exercises, clinicians will gain useful tools to implement for persons with aphasia and their family caregiver(s) to maximize rehabilitation gains.

Learning Outcomes:

- Attendees will list recent shifts in the understanding and incorporation of principles of neuroplasticity.
- Attendees will describe how principles of neuroplasticity can be incorporated in aphasia rehabilitation across inpatient and outpatient settings.
- Attendees will outline how aphasia impacts not only the stroke survivor, but also their immediate family, leading to third-party disability.
- Attendees will discuss how to maximize family involvement and meet needs across phases of rehabilitation.