Mindfulness 101: Experiencing your Mind and the Neurology Behind It
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Disclosures
- Relevant financial relationship(s)
  - Scott: PSHA invited speaker – travel, lodging, honorarium; Co-Founder, 3C Digital Media Network, LLC; Act to Live podcast
  - Jaime: PSHA invited speaker – travel, lodging, honorarium; Act to Live podcast
- Relevant nonfinancial relationship(s)
  - Scott: Professor at the University of Akron – Akron, OH
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**Because this course is experiential in nature, handouts will be available via email AFTER the completion of the course.**

Summary
Recently, the field of communication disorders has begun incorporating mindfulness into therapy with clients (Boyle, 2011; Michise & Palasik, 2017; Plexico & Sandage, 2011; Palasik & Michise, 2013). By learning to be more present, clients can create space needed to increase their awareness of the physical and psychological behaviors of their communication disorder.

In the field of neuroscience, research has shown that mindfulness approaches are physically changing the structures and chemistry of the brain (Cunningham & Kirkland, 2014; Hölzel et al., 2011; Kross et. al., 2014; Roberts-Wolfe, 2012). This line of research provides support for continued training in mindfulness practices and the impact on people with communication disorders.

During this experiential training, presenters will guide attendees through an assortment of mindfulness exercises meant to help them connect with the present moment. Additionally, presenters will provide functional activities related to mindfulness that participants can use to complement their current clinical practices with people who stutter or individuals with other communication disorders. 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. Presenters will also summarize some of the current neurological research that exists as it is related to Mindfulness and Acceptance and Commitment Therapy (ACT) practices.
What is Mindfulness?

Mindfulness: means paying attention in a particular way on purpose in the present moment non-judgmentally


Mindfulness Misconceptions

- Absence of stress
- Always feeling great
- Absence of thinking
- Being complacent
- Religious
- Automatic
- Simplistic

mindfulschools.org
Tips for Incorporating Mindfulness into Therapy

1. Make it a regular therapeutic activity
2. Use technology (use of phone or via telepractice)
3. Introduce new terminology - “observing” “noticing”
4. MIX IT UP! Do a variety of mindfulness activities
   a. Zentangle
   b. Body scan
   c. Coloring mindfully
   d. Five senses meditation
5. Get moving
   a. Incorporate yoga moves into therapy - can help get body ready to work/listen
6. Experiment with mindfulness in your own life