**Values-Based Living: Determining what Matters to Us and Our Clients**

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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
  - **Jaime**: Private Practice – Frisco, TX; adjunct instructor – University of North Texas – Denton, TX

**Because this course is experiential in nature, handouts will be available via email AFTER the completion of the course.**

**Summary**

What are values? What roles do they play in your life? What roles do they play in the lives of your clients? What ways can our values shape who we are as a person and communicator? This session will explore the concept of values - what matters most to each of us. By developing a better understanding of our values and their impact on the way we think, communicate, and act, we can better assist our clients and their families in defining what matters most to them inside and outside of the therapy room.

At times, our clients may discover that they are not living their lives according to their values. Perhaps their communication disorder or perceived listener judgements are holding them back. Through a joint effort in defining what matters, clinicians can assist their clients in exploring these discrepancies and creating Committed Actions (measurable goals) to work toward in therapy and in life.

During this experiential training, presenters will guide attendees through exercises meant to help them connect with their individual values and the roles those values play in their lives; and, to create measurable goals driven by those values. Additionally, presenters will provide functional activities related to values and goal setting 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 participants can ask questions and learn from each other.
Values are...

- **Chosen paths** that an **individuals defines** as **important** and **meaningful** (can differ from person to person)
- **Actions** and **qualities of actions**...**not things we have**
  - Stated as verbs and adverbs, not as nouns of adjectives
- **Personal**
- **Here** and **now**
- **Enduring**
- **Best held lightly**
- Often **prioritized** depending on **each situation**

Stoddard & Afari, 2014; Hayes, 2005

Values are NOT...

- **Internal states**
  - e.g., feeling calm; being pain-free
- **About how people treat us**
  - e.g., desire to be loved, desire to be included in a group
    - These kinds of things are controlled by others
- **Goals**
  - Goals are in the future
  - Goals can be completed or achieved

Stoddard & Afari, 2014