

Aquatic Therapy for Speech-Language Pathologists *An Introduction*



date

location



CEU'S

This program/course meets the qualifications for 18 hours of continuing professional development credit for speech-language pathologists/audiologists as required by the California Speech-Language Pathology and Audiology Board PDP#129.

PURPOSE

This comprehensive course uses aquatic therapy principles with an NDT (NeuroDevelopmental Treatment/Bobath) perspective to address the skills that support the development of skills that underly functional communication.

PROCEDURE

In this course each participant will receive a Watsu session from the presenter. After introductory lecture with videos and lab participation, the class will spend time in water learning the principles of aquatic therapy including treating and being treated. The considerations of aquatic treatment will be emphasized on land and in water. Presenter will demonstrate with clients; participants will experience the therapy process with each other and clients. Active group problem solving techniques will be used to identify client's needs and develop functional goals and objectives for remediation.

OBJECTIVES—PARTICIPANTS WILL:

- *Understand* and use the components of water for therapy (buoyancy, respiration, movement)
- *Acquire* competency in identifying and assessing clients for aquatic therapy
- *Develop* a treatment plan for a client
- *Treat* a variety of clients in water
- *Identify* when to use water and when to use land options
- *Create carry over* strategies from aquatic treatment to functional clinic tasks

WHO SHOULD ATTEND

Speech Pathologists and other professionals who wish to expand their practice with clients into an aquatic setting.

PREREQUISITES FOR COURSE

- * Enjoyment of water
- * Experience in speech pathology or with clients with speech needs
- * Desire to learn new strategies
- * Challenged by problem-solving processes

AGENDA

Thursday (4.5 hrs.)

- Pre-course - 1/2 hour Watsu sessions to be scheduled prior to registration
- 5:00-7:30 pm - Registration
 - Introductions (Instructor, assistants, attendees)
 - Background with video demonstration
 - Principles of water for therapy
 - Lab experience
- 7:30-9 pm - Water Experience (Everyone In the Pool!!)
 - Use of principles of water in handling a client (class participation)
 - Closing Circle

Friday (7.5 hrs.)

- 9 am-noon - One or two treatment demos by speakers with video of sessions
 - Class participation: Group assessment of clients
 - Discussion with goal setting
- Noon-1:30 - Lunch with a demonstration video
- 1:30-6:00 - Completion of morning problem solving/establish goals
 - Questions and discussion
 - Water Experience—continued instruction and practice with clients using principles of water therapy: buoyancy, respiration and movement
 - Discussion of sessions
 - Question and Answer period

Healthy snacks and drinks will be available.

Saturday (6 hrs.)

- 9-11:30 am - Pool time—group review and practice
- 11:30-1 pm - Practice
 - 15 minute treatments by participants
- 1-1:15 pm - Break to dress and meet for land discussion
- 1:15-3:15 pm - Discussion of sessions given & received
 - Treatment Strategies
 - Closing

On Saturday there will be no formal break for lunch. Healthy snack foods and drinks available all day.



ACCOMMODATIONS/TRANSPORTATION

Contact _____ for information:

by phone: _____

by email: _____



This course meets the qualifications for 16 hours of continuing professional development credit for speech-language pathologists as required by the California Speech-Language Pathology and Audiology Board PDP #129.

INSTRUCTORS

Susan B. Nachimson, M. A., CCC, SLP has been practicing speech-language pathology for more than 30 years. She uses water for the treatment of clients with severe limitations of voicing, respiration and volume control, oral-hypersensitivity, developmental apraxia of speech (DAS), focusing and attending, and many other clinical issues for infants, children and adults with and without neuromotor limitations. With a strong background in NDT (NeuroDevelopmental Treatment/ Bobath), Hendricks Institute Radiance Breathwork and Prenatal Process, she is also a WATSU Practitioner and member of Worldwide Aquatic Bodywork Association (WABA). Susan works in water heated at or near body temperature (94-96°) so that clients feel neither chilled nor overheated and are able to attain goals being addressed. Susan has a private practice in Garberville, Ca where she serves a varied population ranging in ages from infant through geriatric.

Susan has taught classes in Assessment and Intervention of pediatric oral motor development and feeding issues for Busy Bodies Pediatric Seminars and provides inservice and consultation to colleagues in areas of feeding, oral-motor development, respiration/phonation, discrete trial programs and other related issues.

Susan has acquired training and experience in providing speech and language therapy for a wide variety of clients including but not limited to those infants, children and adults with severe feeding disorders, autism, Down Syndrome, seizure disorders, delayed articulation, hearing impairment.

TUITION

Full refund if cancelled by presenters;
10% cancellation fee if cancelled by participant.

Tuition will be used to pay for:

- Individual Watsu Session
- Instructional material packets
- Wholesome food provided during workshop
- Instructors' fees



Participants are urged to wear comfortable, informal clothing and bring at least one bathing suit and towel. Also bring ear plugs and drying drops of your choice. Snacks, drinking water, and other drinks will be provided.

Enrollment in this course is limited to ___ participants.

Name _____ Phone _____ Email _____ Zip _____

Address _____

DISCIPLINE

SLP OTR RPT Special Educator Other

Pediatrics # Years Experience _____ Adults # Years Experience _____

I will attend (date) _____ I am enclosing a Check Money Order for \$ _____

Healthy food will be provided. Please note any food needs.

Make check or money order payable to: _____ And mail to: _____

Full refund if cancelled by presenters; 10% cancellation fee if cancelled by participant.

