Experiencing Acceptance and Commitment Therapy With Clients Who Stutter

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Today we will...

- **DISCUSS** Acceptance and Commitment Therapy (ACT)
- **EXPERIENCE** the six core principles of ACT (and how to connect them with clients who stutter)
  - Contact with the Present Moment
  - Acceptance
  - Thought Defusion
  - Self as a Context
  - Defining Values
  - Committed Actions
Acceptance and Commitment Therapy

Hexaflex – Core Principles

Contact with the Present Moment

Be in the “now”

Acceptance/Willingness
Opening up to whatever comes

Psychological Flexibility

Be present, open, and do what matters to you

Defining Values
Know what matters to you

Thought Defusion
Observing thoughts as they come and go without attaching meaning or judgment; detaching from thoughts

Self as Context
Observing self; pure awareness of thoughts, behaviors, moods

Committed Action
Effective action guided by values

Harris, 2009
Six Core Processes of ACT

Contact with the Present Moment

“Our one true home is in the present moment.”
~Thich Nhat Hanh
Six Core Processes of ACT

Acceptance and Willingness

“The truth that many people never understand, until it is too late, is that the more you try to avoid suffering the more you suffer because smaller and more insignificant things begin to torture you in proportion to your fear of being hurt.”

~Thomas Merton
Six Core Processes of ACT

Thought Defusion

“I used to think that the brain was the most wonderful organ in my body. Then I realized who was telling me this.”

~Emo Phillips
Six Core Processes of ACT

Self as Context

"You can observe a lot just by watching."
~Yogi Berra
Six Core Processes of ACT

Defining Values

“It takes courage to grow up and turn out to be who you really are.”
~E. E. Cummings
Six Core Processes of ACT

Committed Action

“It takes a deep commitment to change and an even deeper commitment to grow.”

~Ralph Ellison
Want to Contact Us? Feel Free!

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Helpful ACT Websites

- Association of Contextual Behavioral Science (ACBS)
  - www.contextualpsychology.com
- Kelly Wilson’s webpage
  - www.Onlifellc.com
References
(for Jaime and Scott)


Georgescu, S., Palasik, S., & Beilby, J. (2013, November). Acceptance and Commitment Therapy: Theoretical underpinnings & applications to individuals living with a stutter. Short course 3 hours seminar conducted at the American Speech and Hearing Association National Convention, Chicago, IL.


