

Speech Therapy in an Aquatic Setting

An Introduction



Susan B. Nachimson

GARBERVILLE
CALIFORNIA

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CEU'S

This program/course meets the qualifications for 16/18 hours of continuing professional development credit for speech-language pathologists/audiologists as required by the California Speech-Language Pathology and Audiology Board PDP#129.

PREREQUISITES FOR COURSE

- Enjoyment of water
- Challenged by problem-solving processes
- Experience in speech pathology and/or with client with special needs
- Desire to learn new strategies

PURPOSE

This comprehensive course uses a variety of aquatic therapy principles from NDT (Neurodevelopmental Treatment/Bobath) perspective to address the skills that support functional communication.

PROCEDURE

This course begins with an introductory lecture with videos and NDT lab participation, followed by demonstration and practice learning the principles of aquatic therapy including treating and being treated in water. Presenters 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 clients' needs and develop functional goals and objectives for remediation.

OBJECTIVES – PARTICIPANTS WILL:

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

WHO SHOULD ATTEND

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

AGENDA

DAY 1 (8hrs)

09:00 – 11:00

- Registration
- Introduction (Instructor, assistants, attendees)
- Back ground with video demonstration
- Principles of water for therapy
- Lab Experience

11:15 – 11:30 - Break/swim suits/Go to pool

11:30 – 1:00– Water Experience--- Everyone in the Pool!

- Use of principles of water
- Handling Preparation and Procedure
- Basic Watsu for SLP

1:30 – 2:30 - Lunch with a demonstration video +discussion Client background for Demo session w Goals

3:00 – 4:30 – Assessment and Goal setting

Client demo sessions and treatment by speaker
with class participation

5:00 – 6:00 – Discussion and closing in pool

DAY 2 (8hrs)

09:00 – 12:00 - Water Experience - continued instruction and practice using principles of water therapy for SLP treatment

12:00-1:00—Celebration of participants giving and receiving! 15 minute treatments between participants videotaped

1:00-1:15-Circle in Pool Closing

1:15-2:30pm – Break/dress/lunch/sharing

2:30 – 5.00

- Discussion of sessions given & received
- Treatment Strategies to take home
- Closing

CONTACT INFORMATION

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INSTRUCTOR

Susan B. Nachimson, M. A., CCC, SLP has been practicing speech-language pathology for over 40 years. She uses water for the treatment of clients with severe limitations of voicing, respiration and volume control, oral-motor hypersensitivity, developmental apraxia of speech (DAS), focusing and attending, and many other clinical issues for infants, children and adults with and without neuromotor limitations. Certified 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 (93 -96°F) so that clients feel neither chilled nor overheated enabling them to attain goals being addressed.

Susan has a private practice in Garberville, Ca., USA, 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 in-service and consultation to colleagues in area of feeding, oral-motor development, respiration/phonation, discrete trial programs and other related issues. She treats clients, infants – geriatrics, with a variety of speech language disorders. She has taught classes to colleagues addressing issues in voicing, feeding, swallowing, speech and language including Autism Spectrum Disorders, stroke, cerebral palsy, Down syndrome, etc.

TUITION

To be arranged per course

Tuition will be used to pay for:

- Instructional material packets
- Wholesome snacks provided during workshop
- Instructors' fees



Participants must bring:

- Bathing cap
- Bathing suit
- Towel
- Ear plugs and Ear drying drops as needed
- **Snacks and drinking water will be provided.**

Please wear comfortable and informal clothing.