

ONLINE - Avoidance Reduction Therapy for Stuttering (ARTS®) (Australian and New Zealand SPs/SLTs ONLY)

By Vivian Sisskin, Nic Brow, Samantha Wasilus, and Jessica Wertz

This workshop will run across 2 ONLINE sessions from 10am-1.30pm NZST
Session 1 – Monday, 26th June, 2023
Session 2 – Thursday, 29th June, 2023

Sessions will be live (10am-1.30pm NZST) and will not be recorded, or available for later viewing.

Online Learning

This series of two 3.5-hour online training modules focuses on helping speech language therapists understand the principles and objectives of Avoidance Reduction Therapy for stuttering (ARTS®). Avoidance Reduction Therapy for Stuttering (ARTS®) is a stuttering-affirming approach to therapy that guides stutterers on their individualized journey of acceptance and change.

Single registration cost is for each individual, not per site. Each person must register and attendance is required for both sessions. Zoom will be used to deliver the training with “meeting room” details emailed to participants prior to each module. You will need to download Zoom software to your computer. A webcam and inbuilt microphone on your computer is also preferable so you can fully participate.

Please note that this training will not be recorded for later viewing.

Intended Participants

This online Continuing Professional Development (CPD) event is intended for Speech-Language Therapists who work with people who stutter across the lifespan.

Readings and Resources

Pre-readings will be emailed 2 weeks before the training event.

Learning Objectives

Following this event participants will:

- Learn the key principles of Avoidance Reduction Therapy for Stuttering (ARTS®) and reflect on how ARTS® compares to other treatment approaches
- Meet stutterers and mentors with lived experience of ARTS® and gain an understanding of how change is supported through the therapeutic process
- Develop specific and meaningful goals which are congruent with the culture and values of ARTS®
- Develop individualized assignments and home practice activities that lead to spontaneous, forward-moving communication, free of control.

Content and Format

This two-part course will be an introductory training event on Avoidance Reduction Therapy for Stuttering to help clinicians be more stuttering-affirming when working with people who stutter. Avoidance Reduction Therapy for Stuttering (ARTS®) is a stuttering-affirming approach to therapy that guides stutterers on their individualized journey of acceptance and change. Those who stutter are supported to embrace their difference, resist stigma, and reduce **struggle** – the learned physical and emotional reactivity to disfluency. Therapy outcomes include improved speech efficiency and comfort, as well as spontaneity, confidence, and joy in communication.

The first part of the course will highlight the theory and concepts in ARTS®. An assessment and therapy overview of ARTS® will be outlined alongside the opportunity for course participants to meet ARTS® mentors and stutterers to ask questions about their therapeutic journeys. The second part of the course will emphasize therapy outcomes and ways to support stutterers to move towards changing speech and increasing acceptance. Ideas and concepts on how to adapt ARTS® when working with young people who stutter will also be discussed on day two.

About Vivian Sisskin, Nic Brow, Samantha Wasilus, and Jessica Wertz



Vivian Sisskin is a Clinical Professor Emerita at the University of Maryland, an ASHA Fellow, and Board-Certified Specialist in Fluency. She created the YouTube Channel “Open Stutter”, serving as a resource for acceptance and change for stutterers and their allies. Sisskin owns the Sisskin Stuttering Center in the Washington DC area.



Nic Brow is a speech language pathologist at the Sisskin Stuttering Center and a clinical educator at Western Michigan University. He has conducted research on stuttering and presented on acceptance-based therapy for stuttering both nationally and internationally. Nic predominantly works with youth who stutter and their families in ARTS® therapy.



Samantha Wasilus is a speech language pathologist at the Sisskin Stuttering Center and Prince George's County Public Schools. She is a Board-Certified Specialist in Fluency and Fluency Disorders. Samantha works with stutterers of all age groups, both in groups and individually. Her clinical interests include therapy for atypical disfluencies.



Jessica Wertz is an Assistant Clinical Professor at the University of Maryland and an associate at the Sisskin Stuttering Center. Her clinical interests include stuttering and supporting children with complex communication needs. She is a clinical educator for ARTS® groups.

Registration Fees

Registration fees include Humantix’s online payment processing fee. **Early Bird** (10% discount) tickets are available until 11.55pm 19th of May 2023. On the 20th of May 2023, **Full Rate** tickets prices become activated and remain available until the event is “sold out”. A **Student Rate** is available for final year SLT students with a few spots made available to encourage student clinicians to embark on additional training before graduating from their course and entering the workforce.

Registration Type	Workshop Fee	Humanitix Fee + GST	Total Fee
Early Bird	\$234.00	\$14.02	\$248.02
Full Rate	\$260.00	\$15.51	\$275.51
Student Rate	\$160.00	\$9.76	\$169.76

To register, please go to www.skillbuildersslt.com/training and click on the registration link.

Terms and Conditions

Registration – Registrations are open until 2 weeks prior to the event date or until each ticket type is ‘sold out’. The workshop will only run if a minimum of 20 registrants are met. Registration fees includes PDF handouts and a certificate of attendance when registrants attend both modules.

Cancellation Policy - Cancellations must be sent in writing to Skill Builders Speech Language Therapy. If the registrant cancels or is a non-attende at the event: 100% of the registration fee refunded if cancellation occurs up to 7 days prior to the event; no refund will be given if cancellation occurs within 7 days before the event or for non-attendance on the day(s). 100% of the registration fee will be refunded if the event is cancelled. Skill Builders bears no responsibility for any costs incurred or loss of income. **For online learning, refunds will not be provided to registrants who are unable to attend follow-up modules. Transfer of registration to a colleague after module 1 will not be allowed. Please only register if you can attend both sessions.**

Recording/Filming/Photography Not Permitted by Registrants: Registrants are NOT permitted to record any or part of this event in any format including audio recording, video recording, or through use of mobile devices for filming or photography.

Technology/Trouble Shooting: Skill Builders bears no responsibility for technological difficulties experienced by participants due to slow internet connections. Trouble shooting assistance will be limited during sessions and participants are encouraged to familiarise themselves with Zoom.

Places are limited to ensure opportunities for interaction and questions.

For any enquiries regarding the training event or registration process please contact Voon Pang, Skill Builders Speech Language Therapy on voon@skillbuildersslt.com