



# Mindfulness-Based Cognitive Therapy (MBCT) For People Who Stutter

**Mindfulness-Based Cognitive Therapy (MBCT)** is an evidence-based program that helps to reduce stress and anxiety and to promote a sense of wellbeing. This program can be beneficial for people who stutter, and may be beneficial regarding practicing target usage, transfer and maintenance.

## A 9-Week Program + 1 Saturday

**Tuesday Mornings on Zoom**

**10:00 am-12:30 pm**

March 19<sup>th</sup>-May 21<sup>st</sup>, 2024\*

+ 1 full day Saturday, April 27th (10 am-4 pm)

\*no session May 14<sup>th</sup>, 2024

## Who should attend?

This program is for anyone who has gone through the Fluency Plus program.

## What are the fees?

**Early Bird: \$1,200\* before February 19th, 2024**

(\$1,360 after February 19th, 2024)

Covered under most insurance plans for both speech and occupational therapy. Cost includes HST & Course materials.

Receipts will be provided for insurance purposes (\$600 for speech and \$600 for occupational therapy).

## Registration

**E-mail Sylvia Steward: [info@speechandstuttering.com](mailto:info@speechandstuttering.com)**

\$200 required by February 19th, 2024 to reserve your spot (for Early Bird Rate).

Balance due by March 17th, 2024.

## Group Facilitators

**Todd Tran** PhD, OT Reg (Ont.), Occupational Therapist/Researcher

Contact: [toddtran88@gmail.com](mailto:toddtran88@gmail.com) / 416-301-5881

Todd received his occupational therapy degree from McMaster University and obtained his PhD in 2023, from the School of Rehabilitation Therapy, Aging and Health stream at Queen's University. Todd is a practicing occupational therapist, lecturer at U of T, and a researcher working in primary care. His area of research is on aging and how evidence-based mindfulness can be used to support cognitive decline in older adults. Todd has obtained his mindfulness training from the Centre of Mindfulness Studies in Toronto, University of Massachusetts in Boston and Brown University in Providence, Rhode Island.

**Marni Kinder** MHSc, Reg, CASLPO, S-LP(C), Speech-Language Pathologist

Contact: [marnik@speechandstuttering.com](mailto:marnik@speechandstuttering.com)/(416)491-7771 x 235

Marni received her Master of Health Sciences degree in Speech-Language Pathology from the University of Toronto. Since joining the Speech & Stuttering Institute in 2008, she has worked exclusively with children, teens and adults who stutter to provide evidence-based fluency treatment in both individual therapy and intensive or weekly group therapy formats. She is motivated to help individuals who stutter achieve not only fluency, but comfort and confidence in every day speaking situations. Marni also enjoys providing training in stuttering treatment to SLPs around the province and students from the University of Toronto.

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## 9-Week MBCT Program

The 9-week MBCT program at the Speech and Stuttering Institute will specifically focus on the areas of speech and stuttering as well as the behaviour and cognitive behavioural issues that many people who stutter experience.

### In the MBCT program participants will have the opportunity to learn the following:

- Practice speech targets
- Learn cognitive behaviour therapy strategies to develop more balanced thoughts towards one's speech and overall life perspective
- Discuss any relevant issues, challenges, and obstacles that are related to their mindfulness practice, and applications towards their fluency targets
- Learn how to respond effectively rather than reactively under times of stress and anxiety
- Learn evidence-based strategies that will decrease anxiety and will promote a mastery of speech targets with the aim of promoting self-confidence and self-efficacy regarding speech related behaviours

## MBCT Program Schedule

10:00 am to 12:30 pm (Eastern Standard Time)

Virtual (via Zoom)

### Weeks:

**Week 1:** Tuesday, March 19, 2024

**Week 2:** Tuesday, March 26, 2024

**Week 3:** Tuesday, April 2, 2024

**Week 4:** Tuesday, April 9, 2024

**Week 5:** Tuesday, April 16, 2024

**Week 6:** Tuesday, April 23, 2024

### Topics:

Orientation to the MBCT program

Awareness and Automatic Pilot

Living in Our Heads

Gathering the Scattered Mind

Recognizing Aversion

Allowing and Letting Be

### **ALL DAY SESSION – Saturday, April 27, 2024: 10 am to 4 pm**

**Week 7:** Tuesday, April 30, 2024

Thoughts Are Not Facts

**Week 8:** Tuesday, May 7, 2024

How can I Best Take Care of Myself?

### **1-Week Break**

**Week 9:** Tuesday, May 21, 2024

Maintaining and Extending New Learning

**\*Financial assistance may be available. Contact Marni at [marnik@speechandstuttering.com](mailto:marnik@speechandstuttering.com) for a subsidy application.**

For any inquiries, please contact **Todd Tran** – [toddtran88@gmail.com](mailto:toddtran88@gmail.com)

**Register Now! Space is limited.**