



ASHA CEUs

Information and Notes Pages

“Integrating Positive Psychology Techniques in Aphasia Support Groups”



LingraphiCARE America is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

This course is offered for 0.1 ASHA CEUs (Introductory level; Professional area).

Complete a 0.1 ASHA CEU Course

Speech-language pathologists (SLPs) are invited to participate in a one-hour ASHA-approved course offering, "Integrating Positive Psychology Techniques in Aphasia Support Groups." To be eligible to receive 0.1 ASHA CEUs (Introductory level), please see the guidelines below.

For more information about ASHA's most up-to-date eligibility criteria, go to the FAQ section of the ASHA CE website: <http://www.asha.org/CE/FAQs/>.

Course Description:

The influence of positive psychology is noted increasingly in the field of rehabilitative therapy (Dunn & Brody 2008; Holland, 2007). The focus of this course was to demonstrate and describe ways to implement positive psychology techniques in aphasia support groups, to make a positive impact on resilience, well-being, mindfulness and self-advocacy.

Learning Outcomes:

By completing this course:

1. Participants will be able describe the fundamentals of positive psychology.
2. Participants will be able to apply three techniques of positive psychology.
3. Participants will be able to explain the relationship between the LPAA and Positive Psychology techniques.

Additional courses in the Life Participation Approach to Aphasia (LPAA) track include:

- Listen Here: Listening Skills in Assessment and Treatment for SLPs (Intermediate, 0.1 ASHA CEUs)

Processing:

Online course completions are reported to ASHA quarterly. Please allow eight to ten weeks for processing. Lingraphica will issue a certificate of participation to each SLP who completes a CEU course.

For more information, or to start a device trial, contact: continuinged@lingraphica.com

What is Positive Psychology

- At the broad, subjective level – valuing subjective experiences in the past, present, and future
- At the individual level – increasing positive individual traits
- At the group level – instilling civic virtues and institutions that move individuals toward better citizenship



Seligman & Csikszentmihalyi (2000)

Why is it a Good Fit for Us?

- Do disability and aging always have negative consequences?
- When working from a client-centered approach, strengths are as important as weaknesses
- People can (AND DO!) develop resilience and optimism
- Movement toward a biopsychosocial model of disability



Holland & Nelson (2013)

The Life Participation Approach to Aphasia (LPAA)

Places the Life Concerns of Those Impacted By Aphasia at the Center of All Decision-Making

- Empowers the Client to select and participate in the recovery process
- Focuses on re-engagement
- Emphasizes availability of services as needed at all stages of recovery

(the LPAA Project Group in alphabetical order: Roberta Chapey, Judith F. Duchan, Roberta J. Eiman, Linda J. Garcia, Aura Kagan, Jon Lyon, and Nina Simmons Mackie)



Positive Psychology Techniques

- Positive Consequences After Stroke



(Holland & Nelson, 2013)



Positive Psychology Techniques

- PERMA Activity



(Holland & Nelson, 2013)



Positive Psychology Techniques

- Gratitude Visit



(Holland & Nelson, 2013)



Positive Psychology Techniques

- You at Your Best



(Holland & Nelson, 2013)



Positive Psychology Techniques

- Dealing with positive and negative talk of PWA
- How do we respond effectively?
- Active versus passive responses
- How to field negative emotions



(Gable, Reis, Impett, & Ashler, 2004; Holland & Nelson, 2013)



Questions & Answers

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