Acceptorance and Commitment Therapy - a practical tool for a speech pathologist

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ABSTRACT
Stuttering can interfere not only with the fluency of speech, but more importantly it affects the psychological well-being of the person experiencing it (According to the World Health Organization (WHO): “Health is a state of complete, physical, mental and social wellbeing, and individuals or groups must be able to identify and to realize aspirations, to satisfy needs, and to change or cope with the environment. Health is, therefore, seen as a resource for everyday life, not the objective of living.”). As a result, it can lead to a reduction in self-esteem, as well as making choices incompatible with dreams and aspirations. (Yaruss, Quesal 2010, Boyle 2015)

Therapists need tools (proven effective both in clinical practice and in research) that will allow them to work with the client on:
- emotions,
- attitude towards stuttering,
- help to reduce the fear of speaking,
- change the attitude towards experienced disfluencies,
- increase communicative and social competences.

The ACT approach, consists of practicing and experiencing, mainly in everyday life, not only during therapeutic sessions. It allows achieving satisfactory results enhancing the effects of therapy. According to the authors, it is worth making such an effort to lead a full and rich life in line with the professed values.

REFERENCES