**Avoidance Reduction Therapy for Stuttering (ARTS®) Virtual Workshop September 25-26, 2024**

**12h – 18:30h GMT**

This virtual workshop includes 2 days of instruction covering ARTS® basics:

Theoretical premises and guiding principles

Culture/values/outcomes

Therapy procedures and activities - case study application

The workshop is designed for speech-language therapists with a solid understanding of stuttering and traditional therapy approaches.

**Description of the Workshop**

Avoidance Reduction Therapy for Stuttering (ARTS®) is based on the principle that there is a difference between *stuttering*, a neuro-developmental difference, and *struggling*, learned behaviors created through reactivity to or avoidance of stuttering. Suppression of speech disfluency, concealing one’s identity as a person who stutters, and negative thoughts/emotions related to the experience of stuttering can lead to significant adverse impact.

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 physical and emotional reactivity to disfluency. The stutterer lets go of struggle, whether fear-based or habitual, and thrives with spontaneous disfluency. Therapy outcomes include efficiency, comfort, and confidence in communication.

This workshop will present foundational theory and principles of Avoidance Reduction Therapy for Stuttering (ARTS®), ideas to assess for desired therapy outcomes, and the basics of therapy procedures for adults and children. Our participatory clinical training engages community stakeholders in the learning/teaching process. Mentors, current and former stutterers on their ARTS® journey, will share their stories, moderate break-out groups, and provide perspectives from the stutterer’s therapy experience.

**Presenters- Vivian Sisskin and Associates of the Sisskin Stuttering Center**

Vivian Sisskin, M.S., CCC-SLP, BCS-SCF, ASHA-F is a Clinical Professor Emerita at the University of Maryland, an ASHA Fellow, and a Board-Certified Specialist in Stuttering, Cluttering, and Fluency Disorders. She and her associates created the YouTube Channel “Open Stutter” – a resource for acceptance and change for stutterers and their allies. Sisskin directs the Sisskin Stuttering Center PLLC.

For more information about the Stuttering Center click [here](http://www.sisskinstutteringcenter.com/).
For more information about Vivian Sisskin click [here](http://www.sisskin.com/).