

Implementing Yogic Techniques into Speech-Language Pathology

Addriya
Yoga • Learning • Wellness

www.addriya.com

SAY IT RIGHT

www.sayitright.org

Christine Ristuccia
M.S., SLP-CCC, RYT-200



Course Objectives

At the end of the session participants will be able to:

- Know the causes and effects of stress & anxiety
- Discuss the benefits of movement
- Demonstrate knowledge of 5 yoga poses and the benefits.
- Demonstrate 3 ways to implement yoga & learning into a speech session.



The World Today Is Moving at a Fast Pace...

Every SLP faces many challenges in this fast, moving world



Solutions and job satisfaction are within reach with simple, easy to use yogic techniques.



Solution: Incorporate Yogic practices into your life and in therapy.

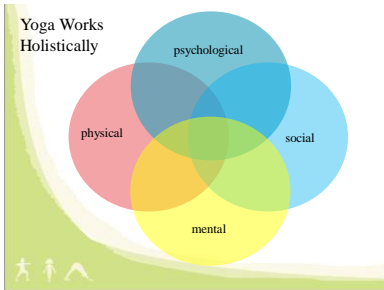


Incorporating yogic techniques into your therapy and your own lives will help you and your students obtain **self-awareness** and the ability to become self directed and balanced.



What is Yoga?





Yoga Poses Are Designed to Achieve Various Emotional Effects

Depending upon the type of yoga pose practiced, the individual can achieve a desired state of mind.

Yoga Poses Are Designed to Achieve Calming or Energizing Effects in the Body

Calming Poses	<ul style="list-style-type: none"> • agitation • anxiety
Energizing Poses	<ul style="list-style-type: none"> • fatigue • introversion

Yoga Consists of Physical Exercises and Breathing

- Physical exercise (poses)
- Mindful breathing
- A connection to self
- Energizing & calming poses

Mental Benefits of Yoga

- A path for clear, direct communication
- Fosters imagination
- Enhances memory
- Promotes creative problem solving/self discipline
- Helps calm the mind while increasing one's ability to focus and concentrate.

(Khalsa & Khalsa)

Yoga Consists of Mindful Movements

- Ready to learn
- Attentive
- Relaxed
- Self-aware

Basic Alignment for the Lower Body

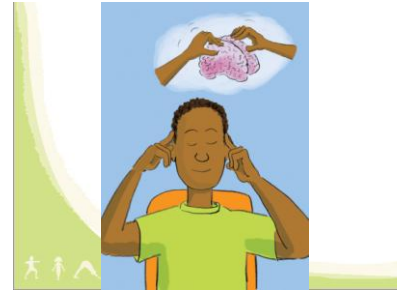
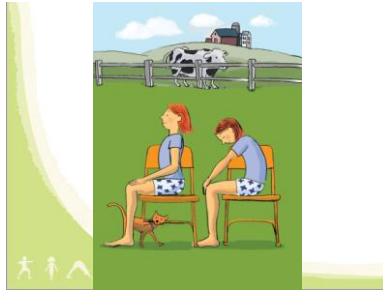
- The Rule of 4-head lights facing forward
- Knee caps facing forward, Alignment of head and neck
- Hips and shoulders facing forward

Yoga Can Be Practiced in a Chair!

The beauty of yoga is that it can literally be done anywhere at anytime.

Yoga Warm-ups

Let's warm-up!



Attitude

- **Setting an Intention**
 - Commitment statement
 - Goal for student
 - Student goal
- **Checking in**
 - Emotions
 - Recapping last session
 - What worked?
 - What did not work?

Setting an Intention=Clarity

- What is your goal for the student?
- What is the students goal for themselves?
- Ways to achieve the goal=Technique
- Educating student about the game plan/way to reach the goal.

Agreement to Release Old Habits and Replace with New Skills

- Important to review every session.
- Check in every session
- Checking in

Alignment

- **Technique or method-How to do something**
 - SLP's job to educate student
 - Will vary according to the disorder
 - Ways to achieve goal.
- **Example**
 - Articulation
 - » Manner and placement

Action

- Need to physically practice the alignment to integrate technique into the body
 - Mastery = knowledge of technique

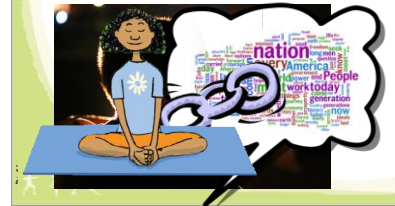


Educating Students about Assisting Themselves

- Awareness of ability-Alignment
- Awareness of need-Attitude
- Reminding self what to do-alignment
- Asking for help if needed-Action



Yoga & Speech Therapy

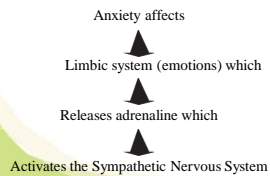


Stress & Anxiety and the Relationship to SLI Kids

Children with Speech Language Impairments (SLI), including expressive language disorders, have been rated as more withdrawn and anxious than peers. (Benner, 2002)



Anxiety Affects Emotions



Watching for **Signs of Anxiety** Can Alert You That Children Aren't Emotionally Ready to Learn.

- Shrugged shoulders
- Shallow breathing
- Cracking the neck
- Incessant, nervous talking
- Fidgeting
- Eye movements
- Teeth grinding

If you see these signs check in with students.



Autonomic Nervous System Stimulates Either the “Fight or Flight” or “Relaxation Response”



The Purpose of the Autonomic Nervous System



Stress and Your Nervous System

Affects your body in multiple ways:

- Physical
- Mental
- Muscularly
- Breathing



Yoga Activates the Relaxation Response in the Body

- The brain perceives muscle stretching as the opposite of muscle tension
- The biofeedback from yoga stretches is a sense of safety and well being



Benefits of Yoga and Speech

- A safe and nurturing place to practice
- Tools for checking in with self
- Release old habit and embrace the new
- Connection to self
- Tools to check in emotionally
- Calm nervous system = calm memories at cellular level



Studies Have Shown That Many Speech-Language Kids Have a Variety of Additional Issues:

- Motor-skill deficiencies
- Language delays
- Anxiety
- Social skill immaturity
- Sensory integration issues



Teaching Kids Positive Ways to Deal with Various Situations

- Respond vs. react
- Proper breathing
- Problem solving
- Grounding your body/mind



It's the SLP's Duty to Make Kids Feel Safe During Therapy

- Awareness of ourselves is first priority
- Check in with ourselves
- Check in with kids
- Mentally do the Self Awareness checklist
- Have kids do Self Awareness Checklist



Classical Conditioning

- Therapist = stress
- Student = stress
- Students intuitively pick up on our
 - Energy
 - Stress



What Is Being Grounded?



If a tall, strong tree could talk, what would it say about its philosophy, life and the challenges that go along with being alive?



Techniques for Achieving Groundedness



Characteristics of Speech Therapy Clients Not Being Grounded



What Are the Characteristics of Educators Not Being Grounded?

- Excessive checking of e-mail, v-mail, text, etc.
- Not organized
- Not prepared (mentally, physically)
- Not meeting own needs
- Not taking breaks



Start Your S.P.E.E.C.H. Session by Grounding the Students

- S**houlders up to ears and back
- P**osture, ensure ears in line with shoulders
- E**asily inhale/ **E**xhale
- C**hest open
- H**eart lifted



Getting Grounded Sequence



Achieving a State of Groundedness

Posture is the key to being grounded. The position of the body affects the mind and the mind affects the body

(Schatz, 1992)



Creating a Grounding Environment

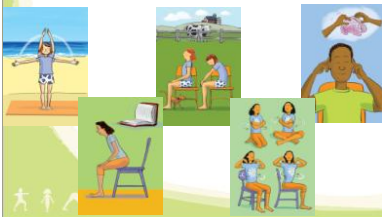
- Clean and clear of clutter
- Noise free (white noise, low music)
- Calming
- Comfortable
- Equipment: Get on the floor or no floor?



Getting out Nervous or Aggressive Energy



Calm Down Yoga Set



Quiet Pose: Achieving a Sense of Calmness

- Clears the mind.
- Resting pose
- Helps to decrease frustration
- Creates walls within their own body



Creating a Calm Environment for Students to Learn

- At cellular level the neural pathways will be associated with learning the desired skill in a relaxed state of mind.
- Student will leave with good memories



Being Fully Present and Aware Leads to Greater Carryover

- Checking in with emotions leads to a greater connection and knowledge of self.
- Being fully present = mindfulness and greater acquisition of the skill level.
 - Emotional
 - physical



Connecting to Self

- Allows us to be present and observe our thoughts and behaviors to learn more.
- Make more progress because we are paying attention.



Checking in With Emotions

- When you mis-produce a word or work on a skill that is difficult, how are you feeling?
- Being aware of emotions when hands and feet, posture are in a certain alignment,



Holistic Therapy

- We as SLP's do not only help the students with speech, but also with themselves.
 - Mentally: Technique
 - Physically: Practice
 - Emotionally: Checking in



Therapy is *All* About the Student

- Remember is about the students pace
 - Not about our ego
 - The students behavior is not something to take personally.
 - Accommodate their needs.



Checking in with Emotions Allows Self-Regulation

- A time to reset.
- Ability to know when to utilize tools to self regulate (Yogic tool box)
- Empowerment
- Self responsibility
- Increased motivation



Physical Ways to Check-In

- Posture
- Breath:
- Hands: Moving aimlessly or placed in lap
- Feet
- Voice: loud vs. soft
- Shoulders/neck: back vs. forward



Benefits of Checking-In

- Brings awareness to the body-Kinesthetic
- Awareness to emotions
- Are in the present moment
- Activates the relaxation response
- Understand themselves
- We can understand their reactions vs. judging them.



Knowledge of Self

- Strong
- Steady
- Supportive to self
- Grounded and self observing
- Accountable for progress vs. clueless and feeling out of control.



Do Verbal Emotional Checklist as Student is Doing Poses

- Checking in-What is happening for you?
- Anxious-what that feels like
- Sad
- Energetic
- Happy



Signs that Students Need to Check In/Be Present

- Cracking Neck
- Wiggling in seat
- Not listening/talking
- Look anxious
 - If these actions are happening than something is going on emotionally.
- Could be related to anxiety



Techniques for Checking In

- Ask questions: Be curious
- What is happening with you?
- How are you feeling?
- Watch what body part is moving and ask them to check in with that part.
 - Apply the cooresponding poses to the body part. Have them do the poses to relax that part of the body.



Checking in with Posture

- S-Spine
- Rainbow back



Checking in with Breath

- Inhale/exhale
- Hands on belly
- Temple massage



Checking in with the Hands

- Wrist circles
- Starfish/clam hands



Checking in with the Arms

- Eagle Arms
- Teddy Bear Hug



Checking in with the Feet

- Gas Pedal feet
- Ankle circles
- Point/flex toes



Movements of the Legs and Feet Help Calm the Breath

- When we focus energy in the lower extremities, we become more grounded.



Awareness of Feet and Legs

- Lunges
- Hip opener



Checking in with the Voice

- Lion pose
- Shoulder Shrugs
- Yes/no



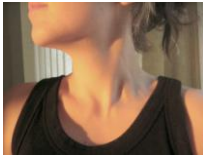
Awareness of Voice

- Loud vs. soft-auditory awareness
- Kinesthetic awareness of articulators
- Proper alignment of the head and neck is essential.



Proper Alignment of the Head and Neck

- May help alleviate laryngeal tension
- Facilitates coherent breathing

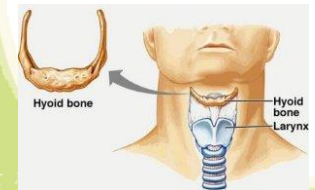


Aligning the Head and Neck

- Important for:
- Voice
 - Articulation
 - Fluency
 - Proper breathing



Proper Alignment of the Head and Neck

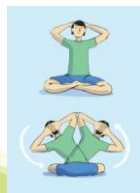


Proper Alignment of the Head and Neck

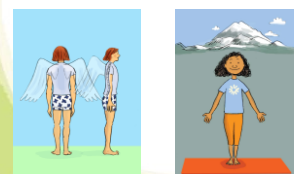
- **Neck long:** Scalene muscles lift and relax (pretend neck is filled with the sun)
- **Hyoid bone/palate back** (invisible head rest)
- Shoulder blades on your back
- Pretend like you are putting a hood on your head
- Lengthen head up to the sky.



Exercise to Align Head and Neck



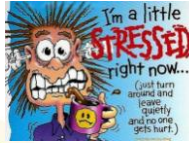
Alignment of Head and Neck



Neck and Shoulder Tension Release Set



Often We Tell Anxious Kids to Relax Without Teaching Them How



Most of the time we aren't aware of ourselves.

Awareness of Breathing



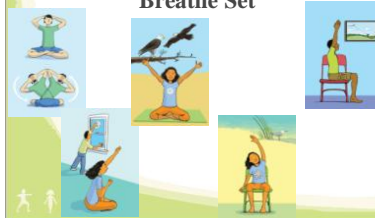
85

Speech and Its Relationship to Breathing

- Speech and Yoga: the link is breath.
- You need breath to produce speech.

(Sumar,2000)

Creating Space in Belly to Breathe Set



Awareness of the Breath

- Holding the breath
- Shallow breathing
- Improper breathing
- Proper breathing

Breathing May Reflect Your State of Mind



If you are *relaxed*, your breath is *slow and deep*.

If you are *stressed*, breath is *shallow* and you may even be unconsciously holding your breath.

Signs of the Relaxation Response

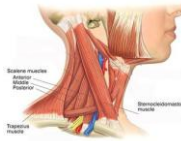
- Yawning
 - A result of deeper inhalation—more oxygen to the brain
 - Stimulates sympathetic nervous system
 - Helps with productivity due to ability to slow the mind.

Signs of Incoherent Breathing

- Rapid and shallow
- Live in a sympathetic dominant state
- Constant state of stress: "Fight or Flight"
- Counterpart to state of the mind. If you are stressed, you are holding your breath.

The Secondary Muscles in the Neck Are Used With Improper Breathing

- Scalenes
- Sternocleidomastoid
- Upper traps

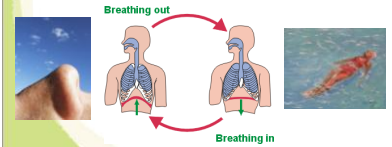


The Physical Signs of Improper Breathing

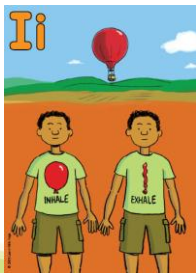
- Tension in the upper body (In the base of the neck and between shoulder blades).
- Tension in the:
 - Jaw
 - Facial muscles
 - Around the eyes (headaches)



Practicing Yogic Breathing: Coherent Breathing



Breathe in and belly expands out like a balloon, exhale and belly draws inward.



Yoga and the Sensory System



The Importance of Yogic Practices and the Vestibular System



It will help you and your anxious speech kids relax.



The Job of the Vestibular System (Inner Ear)

- Maintain balance
- Turn thinking into action
- Coordinate movement
- Detects motion and gravity



The Vestibular System Affects the Autonomic Nervous System

The vestibular system influences the **autonomic nervous system**. This explains why individuals may have problems **breathing** or may develop **nausea** or **irregular heart rates** when the system is **overwhelmed**.



The Vestibular System Is Related to Speech and Language Disorders

- Contributes to the acquisition of word understanding and speech.
- Anatomically joined with the cochlear system.
- Has close neurological associations with the pathways for auditory processing and language.



The Brain and Movement: Cerebellum

- Cerebellum is a small portion of the brain close to the brain stem, commonly linked to movement. (Blakemore, 2009)
- Cerebellum is critical to our attention system and coordinating movement.



Brain Balancer Set Utilizing the Whole Body



Movement May Improve Auditory Processing of Information

Use movement to stimulate the cerebellum/ vestibular systems for SLI improvement.

(Mauer, 1999)



Yoga and Autism

Children with autism have sensory issues.



Autism: Yoga Addresses Sensory Issues



Proprioception



Vestibular (balance)



Tactile

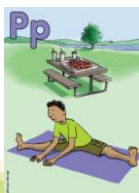


Self Regulation-Dr. Heather McKenzie

- In addition, people with ASD have significant learning **strengths**. They typically include:
- **visual/spatial abilities:** seeing is truly believing and it also improves understanding and remembering.
- **musical/rhythmic abilities:** using melody and tempo can enhance processing and comprehension.



Using Yoga Poses to Promote Turn Taking



The Nervous System and the Entire Body is Connected

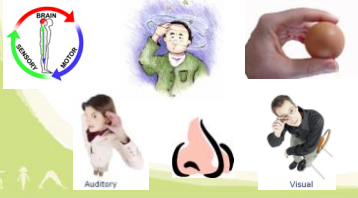


Yoga Requires Use of the 6 of the 7 Senses of the Body

- Tactile
- Smell
- Auditory
- Visual
- Vestibular (Our sense of balance)
- Proprioception (where body is in space).



Yoga Requires Use of the 6 of the 7 Senses of the Body



Auditory

Visual

Using Yoga To Learn Language



Let's Learn With Our Body



"Yogi Says" can help teach or reinforce spatial concepts.

Yoga Requires Knowledge of Spatial Concepts and Prepositions



Yoga Exercise Can Help Children Learn New Concepts



Young children need to physically experience concepts in order to truly grasp them.

(Pica, 2009)

Using Your Body to Learn Can Help With Language Acquisition

There appears to be a link between the physical domain and speech-language skills. (Murata, 2004)



Yoga and Learning: Research Has Linked Fine and Gross Motor Skills to Learning



If you improve motor skills then speech & language may skills improve

Using Your Body to Learn Can Help With Language Acquisition

- Preschoolers interact with their environment with gross and fine motor skills.
- Proprioception relates to where the body is in space (spatial concepts)



Playing with Opposites

- Yes * No (1min) (up and down)
- Seated Kite (30 secs) (arms up and down)
- Washing Windows (30 Secs) (breath in and out), arms up and down
- Komodo Dragon (1min) –chin/hyoid bone forward then back-feel the difference

Playing with Opposites

- Up Then Down (1min) –up then down
- Chair Down Dog (1min)-forward-arms and legs-backward
- Hamstring Stretch (1min)-reach back of legs back and heart forward
- Seated Bow (1min)-press foot back and lift heart and chest forward

Playing with Opposites

- Yogi says
 - Give instructions and have students do the opposite
- Example:** Right hand-they have to use the left hand

Playing with Opposites

- *Thread the Needle (1min)-right vs. left, up vs. down*
- *Seated Camel (1min)- press sits bones down into chair and lift heart toward sky*

Using Yoga in Speech Language Therapy Sessions

- Have a specific goal in mind.
- What do you hope to achieve?
- How can you integrate to enhance and enrich experience for the client?

Ways to Incorporate Yoga With Language

- Acting out stories
- Story retell & WH questions
- Spatial concepts and prepositions
- Following verbal directions
- Vocabulary

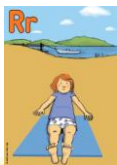
Using ABC Yoga Cards Can Help Practice Students Goals

- Choose one goal and use the appropriate questions
- Alphabetic principal
- Phonemic awareness
 - Segmentation
 - Rhyming



Doing Yoga While Waiting for a Speech Turn in a Group Setting

Set up a yoga mat or chair in the corner of the speech room and put one pose on it. The kids can practice their target speech sound silently while doing the pose.



Cat and Cow Want to See the World

Once upon a time, there was a cow named _____
and a cat named _____
and _____
lived on a farm with many other animals.
and _____ were the best of friends and
always hung out together.
_____ liked the farm, but wondered what the
world was like beyond the farm.

Whole Group Participation in the Learning Process

- Assign a separate character to each student or group (if in a classroom)
- Have the character out the assigned role or pose
- Story retell (have them answer the WH questions at the end of the story).

Using Yoga With Non-Verbal children

- Sign language
- Animal noises. Associate noise with the animal.
- Play *Simon Says*. The kids do the poses while the adult labels the action.



Yoga and Oral Expression

- Many yoga poses consist of animals or things that make noise
- Non-verbal students can use appropriate noises of the pose can help stimulate talking
- Fun for students to act out a yoga story



Provide a Visual Demonstration

The students will need you to provide visual and auditory cues for each of the poses.



Using Yoga to Facilitate Expressive Language



Use Noises of the Poses If You Are Working on Expressive Language



If your student is non-verbal, then using the appropriate noises for each of the poses can help stimulate talking.



Using Sign Language

You can pair the signs with the verbal name of each pose to work on expressive language and vocabulary skills.



Warming Up the Throat Center

- Align head and neck
- S. P. E. E. C. H.
- Coherent belly breathing

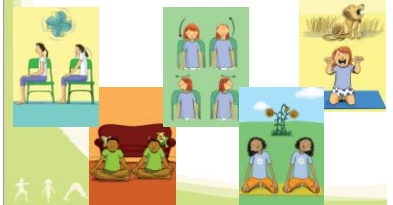


7 Energy Centers Within the Body: Activating the Throat Chakra

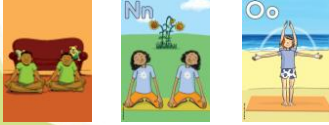
- There is one at throat area (thyroid)
- Controls communication
- Exercises:



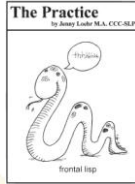
Warming Up the Throat Center



Yoga Exercises to Warm-Up the Throat Center



Yoga and Articulation



Moving While Practicing Articulation

The students can choose a yoga pose and say their target sound on their speech turn.



Use Yoga to Practice Target Sounds

Set up a yoga mat or use a chair, place one pose on it. Instruct the kids to practice their target speech sound silently/softly while doing the pose.



Yogic Principals Can Be Used As Themes for Speech Sessions

- Non-violence to yourselves and other
- Compassion for all
- Honest communication
- Not stealing: Appreciating what you have
 - Don't "steal" another person's turn
 - Don't interrupt
- Not holding on to things: Do your best!

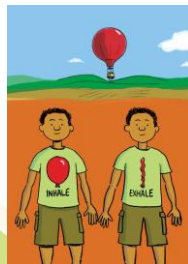


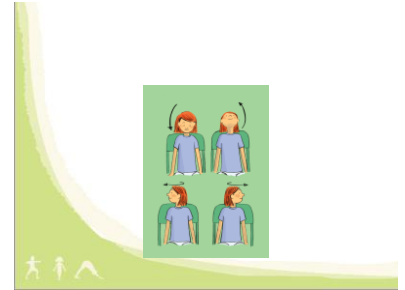
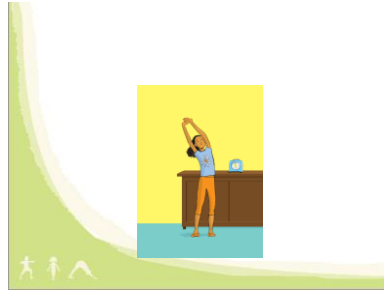
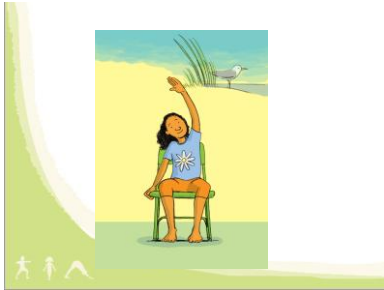
Yogic Principals

- **Purity/cleanliness:** Respect self and space. Be responsible for own space--clean-up.
- **Contentment:** Be at peace with own circumstances
- **Disciplined use of energy:** Working with enthusiasm/directing energy. "Be present" Don't think about after class/future




How Can You Use Yoga at Work?






Journal and Discuss How You Could Incorporate Yogic Principles Into Your Speech Sessions



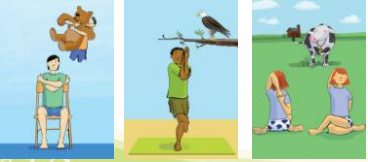
Yogic Principles Activity

With your neighbor discuss one principal and tell how you will implement it into your practice.

Take one minute per person.



Preparing the Body to Learn Using Upper Body Movements



Review of Yoga Techniques

- Yoga is calming
- Yoga can help with learning new concepts
- Various yoga poses can have different effects on the body (calming versus energizing)