

Westchester Speech, Hearing, and Language Association  
WSHLA Presents  
BREAKFAST AND WORKSHOP for Speech-Language Pathologists and Audiologists  
May 6, 2018 8:30 am - 12:15 pm Burke Rehabilitation Center 0.3 CEUs

**Calm, Cool and Collected: Self-Care for Well-Being and Stress Reduction**  
**Presenter: Beth Bierko**

**Course Description:** In this three-hour workshop, participants will learn techniques to facilitate remaining calm in the workplace, using mindful practices to build inner resilience, reduce stress, and create a sense of well-being. Participants will receive direct instruction and will be guided through experiential exercises in the following techniques: mindfulness meditation; self-massage and Reiki; and gentle chair yoga. Specific strategies will be offered to facilitate practical application of these techniques throughout the workday to avoid burnout, to relax and rejuvenate, and to enhance interactions with clients so they receive maximum therapeutic benefits from a well-regulated practitioner. Suggestions for how these techniques can be used with clients will be introduced. A brief history of each technique, research findings on anticipated benefits, and how to find practitioners for further study will also be addressed.

**Presenter and Disclosures: Beth Bierko**

**Beth Bierko** is a certified Kripalu yoga teacher (RYT 200+), Mindfulness Teacher, Let Your Yoga Dance instructor and Reiki Master. She has been teaching private and group yoga classes since 2003 and is the former owner and director of The Rivertown Center for Yoga & Health in Dobbs Ferry, NY. Beth is also a teaching artist and co-owner of Beth & Scott and Friends, an arts-in-education company providing cultural enrichment programs to schools since 1993. Beth has a B.A. in communications and theater from Temple University and is a graduate of The William Esper Studio for Actors' Training. [www.bethandscott.net](http://www.bethandscott.net)

**Financial - Disclosure**

No relevant financial or nonfinancial relationships exist. Beth will receive an honorarium from WSHLA for her presentation.

**Learner Outcomes:**

As a result of this workshop, participants will be able to:

- Use mindful listening, mindful sitting and mindful breathing techniques to self-regulate
- Offer Do-In massage to oneself and know basic hand positions for Reiki self-treatment
- Utilize simple yoga poses to relax and to re-energize during the day
- Understand basic elements of brain function and research findings which support how and why these techniques work with the body's natural biological systems
- Recognize how these practices may indirectly affect others in one's environment

**Agenda:**

8:30 - 9:00	Registration and breakfast
9:00 - 9:10	Introduction of presenter and topics to be addressed
9:10 - 9:15	Check-in: how people are feeling mentally, physically, emotionally
9:15 - 9:45	Definition and practice of mindful sitting, mindful listening, mindful breathing
9:45-10:00	Discussion of the effects of mindfulness on brain and body (current research)
10:00-10:10	Self-Massage
10:10-10:20	Break
10:20-10:45	Introduction to Reiki and guidance in self-Reiki techniques
10:45-11:45	Introduction and practice of yoga
11:45-12:00	Opportunities for questions, observations and final thoughts



## Registration Form

### WESTCHESTER SPEECH HEARING LANGUAGE ASSOCIATION MEMBERS ONLY BREAKFAST AND WORKSHOP

SUNDAY, May 6, 2018

8:30 am — 12:15 pm

Burke Rehabilitation Center – Rosedale Room

785 Mamaroneck Avenue

White Plains, NY 10605

### WSHLA PRESENTS

**Calm, Cool and Collected: Self-Care for Well-Being and Stress Reduction**

**Presenter: Beth Bierko**

*This course is offered for 0.3 ASHA CEUs, Professional, Intermediate level.*

**REGISTRATION AND PAYMENT DUE BY May 1, 2018**

**NO REGISTRATION AT THE DOOR**

YOUR NAME \_\_\_\_\_ PHONE \_\_\_\_\_

EMAIL ADDRESS [Required\*] \_\_\_\_\_

**\* You will receive program materials via email 4 – 7 days prior to the workshop.**

Please mark your payment option:

<input type="checkbox"/>	\$45.00 FOR THIS PROGRAM	<input type="checkbox"/> I have already paid my membership dues for 2018
<input type="checkbox"/>	\$95.00 FOR THIS PROGRAM (\$45) and 2018 LICENSED PROFESSIONAL MEMBERSHIP DUES (\$50.00)	
<input type="checkbox"/>	\$70.00 FOR THIS PROGRAM (\$45) and 2018 CLINICAL FELLOW MEMBERSHIP DUES (\$25.00)	

*The Program Fee Includes: Registration, Handouts, and Breakfast*

**PLEASE MAKE YOUR CHECK PAYABLE TO: WSHLA**

**Mail your check and this form to:**

**Janet Graves-Wright, WSHLA Board Secretary**

**PO Box 176**

**New Rochelle, NY 10802**

**ANY QUESTIONS, EMAIL WSHLA AT [WSHLA@WSHLA.ORG](mailto:WSHLA@WSHLA.ORG).**

**Or call Janet at: (585) 348-8526**