

The Wave



Riding the wave of more effective communication together



We asked each of the student clinicians this question:



"What have you learned by working at the clinic?"



These are their responses...

ASHLEY COLEMAN



Working at the clinic has been such an amazing experience for me. I am so grateful for the opportunity I had to get to know, work with and learn from such amazing people. Over the course of the Fall 2019 semester and the Spring 2020 semester, I had the opportunity of working with individual clients in the language group and at the latter end of Spring 2020 semester, working with clients in the cognition group. Each of these clients have been a huge part of my learning experience at the clinic.

Personally, I have learned to gear my goals around functionality for each client. I learned the importance of creating goals that the client can easily relate to and use outside of the therapy room. I have learned the importance of encouraging and pointing out clients' successes, because there are many! Most of all, this experience has deepened my passion of wanting to work with the adult population. I looked forward to coming to the clinic every day to see all the clients at the clinic and I will forever remember my experience working with each one of them.

I have learned that each patient has their own strengths and their own challenges. I have learned that coming together as a group is not only good for working on language or cognition, but it also allows clients to remember they have a network of individuals who are going through a similar experience and that they are supported by many.

JESSICA MOS



Working in the SLC has been my favorite part of my graduate school experience, thus far, because it has provided me with a hands-on, real-world experience of what we will be doing in our careers upon graduation. When I started this program in Fall 2019, I was unsure of which population (child or adult) I would want to work with, but through this experience in the SLC, it has become clear to me that I would like to work with the adult population.

Through working with my clients, I have learned the importance of tailoring therapy to the needs of the individual client that is sitting right in front of me -- not a hypothetical deficit profile, but the real-life person with real-life communication needs that I can help them achieve. This was a wonderful first experience in what I hope to be a long, fulfilling career in helping adults with communication disorders.

Every session I was inspired by the dedication and patience shown by my clients towards their recovery, in addition to their patience with me!

ROSELLA MADRIGAL



I completely enjoyed being part of the SLC community since I began graduate school. The clients were amazing individuals that inspired me to always do my best during individual and group sessions. I felt that every session was a learning experience for the clients and myself. I remember how nervous I was the first week but seeing how supportive and kind the clients were made me feel so much better.

After every session, I noticed that I was feeling more confident in my clinical skills. I learned so much at the SLC! For instance, the clients and I talked about the activities we did during therapy to see what worked for them and what did not. As such, I learned that therapy activities and cueing should change to ensure the clients' success. The memories made here will always be cherished in my heart. I hope to have the opportunity to continue working with adults in the future.

Communication between the client and the student clinician is key to ensure wants and needs are met.

JESSIE KULHAWIK



I feel so grateful for my experience at the CSUSM Speech and Language Clinic, which gave me the opportunity to work with such amazing clients. I was sad to see it come to such an abrupt end, and I hope that everyone is out there staying safe and healthy.

I began my journey in graduate school, thinking that working with kids was it for me. But after my experience at the clinic, I can only hope that I can have an opportunity to work with adults again – I absolutely loved it.

From organizing materials to researching treatment methods, I was learning so much each and every session. Above all, I learned the most from my clients, they taught me how individualized each session is and how the same treatment can be different depending on each person. The clients at this clinic have taught me so much; I thank them for their patience and trust. I am grateful to have so many wonderful experiences I can take with me throughout the rest of my journey!

The kindness and understanding that everyone showed each other was truly amazing. I will continue to be inspired by the clients at the clinic.

KARLIE FOLEY

Working at the SLC over the past few months has been an unforgettable experience that has taught me so much.



I learned:

- to be flexible within a session and to let go of the need to have everything perfectly planned.
- it is totally possible to laugh and have fun with a client while simultaneously helping them make progress toward their goals.
- to have confidence in my clinical decisions and to ask for help when I need it.
- I love working with adults, and that I want to pursue further clinical experiences with the adult population.

Above all, I am really grateful for the opportunity to have met and gotten to know the wonderful clients at the SLC. I want to thank each of them for working with us students and having patience with us as we learn.

I am so sad that the semester had to come to an early end, but I am certain that the experiences I had and memories I made at the SLC will forever play a role in my future career as a speech-language pathologist.

BEATRIZ ORTIZ



Throughout this academic year going to the clinic was easily one of the highlights of my week; I was so glad to learn as much from my clients as I hope they did from me. Through my weekly interactions with my clients and their loved ones, I saw that motivation and a positive attitude are essential to improving their skills.

I learned to research specific treatment approaches regarding motor speech disorders and traumatic brain injury. Once I found an approach, I had to use my clinical judgement to decide if that strategy would be appropriate for each of my clients. I am so thankful that I

had the opportunity to provide therapy at the SLC. I am sure the skills and confidence I gained from this experience will help me in the future.

My clients both had a strong desire to improve their abilities, and that motivated me to give my best effort so I can help them reach their goals.

ALLISON TOTZKE



Having the opportunity to be placed at the CSUSM SL-C, was an amazing and eye-opening opportunity. Before starting I was nervous about this opportunity, because I have not had an experience similar to it before. However, once my experience started I was happily surprised by it and how much I was able to learn.

I was able to learn from my supervisors, peers, but mostly from the clients.

I want to thank all the patients in the clinic for their encouragement, patience, and trust in us as student clinicians. I am beyond grateful for the wonderful memories and experiences I take away from this opportunity. I will be a better SLP because of you all.

The most important aspect I learned from my experience and the clients was how important it is to make the treatment relatable to everyday life. It's critical that our treatments are focused on improving our client's quality of life.

**Mastering others is strength.
Mastering yourself is true
power.**

Lao Tzu

JESSICA CONNERS



During my time at the SL-C I have grown as both a student and a clinician. Prior to working at the clinic, I had very little experience working with adults. Being able to have this experience working with both individual clients and group therapy helped to improve my skills as a therapist and to help me think outside of the box and really understand each client's needs. I was able to use my background knowledge from our coursework and apply this information to therapy practice and learn how to adapt things for each individual.

The motivation that each client at the SL-C has to work hard and make improvements inspired me every day to provide them with the best possible treatment I could. Working with the AAC group was challenging as well as fun. The other student clinicians and I really enjoyed the different activities we were able to do in group. We got to know what worked best for those individuals and get creative with the approaches and activities for therapy so that each client was benefiting from the session.

Even though our time was cut short, I am extremely grateful for the amazing experiences I was able to have at the SL-C. I have learned so much and I am so thankful for each client who gives us the opportunity to work with them throughout their journey. It is an experience I will never forget.

ASHLEY THOMPSON



During my placement at the SL-C, I have learned so much about this field and myself. Initially, I was very intimidated to be working with adults. I came into this program thinking I want to work with children in a school setting but after being in the clinic, I cannot say that with the same confidence. I hope I am lucky enough to get to work with the adult population again. I feel so lucky to have worked with such amazing clients. My supervisors, my peers, and my clients have all given me tools I will continue to use throughout my career.

Being a part of the language group was one of my favorite memories. I enjoyed organizing lessons and making sure the activity was fun for everyone. One of the most important lessons I learned is how important it is to incorporate family into treatment. I learned so much from my clients and their families and I am truly thankful for that. I just want to thank everybody for their time and patience. I could not have asked for a better first clinic experience.

Most of all, I will never forget everybody's determination and dedication. My clients will continue to inspire me every day.

NICOLE TOOMEY



Working at the SLC was an amazing experience that I will never forget and will forever be grateful for! I learned so much about what it is like to work with the adult population and I learned how to be a collaborator. Everyone in the SLC was willing to help each other to ensure we are doing everything we can to support our clients. Every week my fellow student clinicians and I worked to improve our clinical skills and our clients patiently embarked on our journey of learning with us.

I truly looked forward to going to the clinic every week (they were definitely my favorite days of the week). I never went to the clinic without smiling or laughing throughout the day and that is thanks to my awesome supervisors, colleagues, and the wonderful clients that do everything possible to bring joy to our lives. I am so glad I was able to be a part of the community at the SLC for my first clinical experience!

The kindness and compassion I received from my clients helped me learn that mistakes are a part of learning and they make you a better clinician when you learn from them.

BROOKE ROCKOT



I greatly enjoyed my time as a clinician at the SLC. I learned how to transfer my academic knowledge into clinical practice with guidance from my supervisor, and through collaboration with the other graduate clinicians. I was nervous to get started in the clinic, as I had no prior experience; however, the clients were patient with me as I developed my clinical skills, allowing me to feel more comfortable with each session. I learned that even with adults, I can't always have a perfectly planned session; things can change throughout the session, requiring me to make necessary adjustments. I realized I needed to always have a backup plan and go with the flow.

I came into this program with the intention of working with the adult population, and my time at the SLC solidified this decision. The clients were always the highlight of my week, making me laugh during almost every session. I will always think back to my time at the SLC, as these were the first people I had the opportunity to work with. I had been looking forward to becoming an SLP for 8 years before joining the program, so I'm truly grateful I had the opportunity to work with everyone at the SLC.

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LOGAN JOLICOEUR



The most important observation I have made in working at the SLC has been the value of human connection. There is nothing more rewarding than seeing a person gain confidence in using their own voice to participate in a community. It is incredible to be a part of a group that creates a safe place where everyone is given a chance to communicate without fear of judgment or dismissal.

I can't wait to continue forward in this field and make meaningful changes in the lives of others. I want to thank each and every client for being a part of this experience!

Facilitating each person in being heard has been one of the most gratifying experiences of my life.

ANDRE GATEWOOD



My time working at the Adult Speech-Language Clinic (SLC) has been an incredible opportunity that allowed me to push myself outside of my comfort zone and develop some important clinical skills. During this clinical experience, I learned the importance of being flexible during treatment in order to best meet the needs of each client. Not all clients will respond the same way to the same type(s) of treatment. Therefore, it is my responsibility to continually modify treatment variables until I find an approach that both challenges my clients and allows them to make progress towards their goals.

Over the course of this experience, I have learned so much about my clients' personal stories as well as what they hope to accomplish on their road to recovery. These are stories that I will cherish for the rest of my life, because they helped me understand that we should never take our ability to speak/communicate for granted.

I'm happy to report that I've been able to share many laughs and good times with both my clients and my colleagues during my time at the SLC. I want to thank my clients for having faith in me and helping me learn so much during my very first clinical placement. Our clients at the SLC receive new clinicians every semester and I want to thank each and every one of them for being so patient and kind with new clinicians, especially in the beginning of treatment when we are nervous about making mistakes. Our clients' commitment to their treatment and their willingness to work hard every session is truly inspirational, and it has been a blessing to work with this population.

I'd also like to say a special thanks to my colleagues and the supervisors at the SLC, all of whom demonstrate the utmost professionalism, courtesy, and good stewardship. It was an honor to work with you all and I am fortunate to be surrounded by such a talented and ambitious group of clinicians.

I feel a huge sense of pride and happiness when I see my clients master a certain skill/goal, because I know how much hard work and practice it took for them to achieve that level of proficiency.

BECKY MAFFITT



When I researched the field of Speech Language Pathology, I was certain that I wanted to work with children in a school. The SLC has made me rethink my career path. I learned about the process of recovery after strokes and traumatic brain injuries and the variation among people within these groups. I witnessed the compassion that each of the client's shows one another. Group therapy is truly a safe space for them to communicate with other people who understand the difficulties and challenges they face. The supportive nature of group therapy was very impressive and amazing to be a part of.

Individual therapy with my clients was my favorite part of the program so far. My clients were always so positive and enthusiastic to be able to participate in speech therapy at the clinic. They were flexible and patient with the students as we tried out techniques and therapy activities for the first time.

I will miss my first client's optimism, enthusiasm for life, and discussions about food. I will also miss my second client's humor, kindness, and witty remarks. We shared a passion for criminology, and I enjoyed hearing tales from his previous careers. I was just getting to know my new client, but he was so focused on trying to improve his communication abilities. His determination was inspiring.

I learned that working with adults can be rewarding because of their desire to participate and share their life experiences. I am grateful for my experiences at the SLC and all the wonderful people I met along the way.



UNDERSTANDING COVID-19 BY TACTUS THERAPY

<h3>A Resource for People with Aphasia</h3> <p>What's happening?</p> <p>A virus is spreading around the world. It is called COVID-19, or coronavirus.</p> <p>Who is affected?</p> <ul style="list-style-type: none"> • Anyone can get and pass on the virus. • Most people will have a mild case (80%). • People who are already sick, have chronic conditions (heart disease, breathing problems, or diabetes), or elderly are most likely to get very sick. • It is killing around 2% of people who catch it. <p>What are the symptoms?</p> <p>COVID-19 affects the lungs. Symptoms include:</p> <ul style="list-style-type: none"> • Fever • Cough • Difficulty Breathing <p>Severe cases may turn into pneumonia.</p>	<h3>What can you do to protect yourself?</h3> <ol style="list-style-type: none"> 1 Avoid crowds. Keep 6 feet away from other people. 2 Wash your hands. Use soap and water. Scrub for 20 seconds. 3 Don't touch your face (eyes, nose, mouth) with dirty hands. 4 Cancel travel plans. Don't go on cruises. Only fly on airplanes if you must. 5 Make sure you have medications, food, and supplies at home. Have enough for about 2 weeks. <p>What should you do if you get sick?</p> <ul style="list-style-type: none"> • Call your doctor. Get tested. • Stay home except for medical care. • Wear a face mask to protect others. • Cough into your elbow. Sneeze into a tissue. Throw it away.
<h3>What is happening around the world?</h3> <p>This is a big news story. It is affecting some countries more than others. Everyone is trying to slow down the spread of the disease.</p> <ul style="list-style-type: none"> • Schools and universities are closing or having classes online. • Sports, conferences, and community events are cancelled. • Flights are cancelled between some countries. • Some people are buying too many supplies (hoarding) because they are afraid. <p>How long will the outbreak last?</p> <p>We don't know. It could be weeks or months.</p> <p>Is there a treatment or vaccine?</p> <p>No, not yet.</p>	<h3>What else should I do?</h3> <ul style="list-style-type: none"> • Limit watching or reading the news. It is too stressful. • Social interaction is very important. Find ways to talk to people online or over the phone. • Get lots of sleep, exercise, and eat healthy foods. Get fresh air & sunshine in nature. • Stay home. Many events will be cancelled. Walks outside are okay. • Continue your life and rehab at home. Use technology to help keep you busy. <p>Words to know:</p> <ul style="list-style-type: none"> • Self-isolate: keep yourself at home because you're sick or have been exposed • Social distancing: an effort to stay away from other people

FYI: You can always read previous issues of *THE WAVE* by going online to the Speech-Language Clinic page of the CSUSM website: <http://www.csusm.edu/slp/clinic/thewave.html>