



PROMPT Bridging Trained+PROMPT Bridging Trained+Bio:

Speech-Language Pathologist and Pilates Studio Owner Kate Blalock, M.S., CCC-SLP

- Kate Blalock has a Master's Degree in Communication Disorders. Her specialty is pediatric language therapy, phonological disorders, and motor-based speech disorders. Kate is a PROMPT Bridging Trained (PROMPT Therapy) therapist.

She has a holistic approach that integrates motor speech intervention and language therapy with the sensory and motor needs of the child. She has extensive experience in Articulation/Phonological Therapy, Early Intervention Language Therapy for expressive and receptive language delays, hearing loss (cochlear implants), Central Auditory Processing Disorder (CAPD), and PROMPT Therapy. PROMPT Therapy is beneficial for clients with misarticulations, aphasia, apraxia/dyspraxia, dysarthria, pervasive developmental disorders, cerebral palsy, acquired brain injuries, and autism spectrum disorders. Her techniques have proved successful for common articulation errors including /r/ and /s/ distortions and misarticulations. Her therapy includes combining speech therapy with the principles of Pilates, focused on improving strength, increasing self-awareness, increasing flexibility, and integrating movement to improve the connection between the oral-facial muscles and the neuromotor system.

Kate holds national certification from the American Speech-Language-Hearing Association (ASHA) and licensure from Virginia. She is PROMPT Bridging Trained+ (<http://promptinstitute.com/member/KateSaid>)

- 404-904-5751 (office); 770-652-8366 (cell)
- Office locations in Centreville and Warrenton (additional location in Fairfax Station coming soon)

KATESAID AREAS OF SPECIALIZATION

- Pediatric early intervention/receptive and expressive language delays and disorders
- Motor planning/PROMPT
- Autism
- Hearing loss/cochlear implants
- Dysfluency
- CAPD/Visualizing and verbalizing
- Articulation and phonological process disorders
- Rehab based Pilates (Polestar Trained)
- Individual and group Pilates sessions on mat and equipment for all ages (preschool classes available upon request)

PRINCIPLES AND GOALS OF KATESAID PILATES AND SPEECH THERAPY

- 1) Improving Coordination of Movement: Coordination is the ability to select the right muscle at the right time with proper intensity to achieve proper action in integrated movement. Movements for both speech production and Pilates are small, precise, and controlled, both incorporate breathing, concentration, and control.
- 2) Improving Integrated Movement: Integrated movement is the merging of posture and gesture that animates the whole body with a consistent movement quality, dynamic, or shape in nonverbal or verbal communication.
- 3) Improving Nonverbal Communication: Nonverbal communication can occur in various ways, including facial expressions, gestures, tactile cues and body posture or positioning.
- 4) Improving Comprehensive Communication: Strong communication skills can improve productivity, trust, better relationships with peers, better ability to handle interpersonal conflict, improve confidence and morale, increase problem-solving abilities, and improve decision-making skills.
- 5) Improving Visualization: Visualization is an integral part of both teaching Pilates and providing therapeutic intervention in speech therapy. In Pilates, visualization and visual/auditory cues are used to convey movement, positions, and connection with the movement to perform integrated movements. Visualizations can be used to optimize performance at any level. In speech therapy, visualization can be a beneficial strategy for auditory processing and focus. Visualization can increase attention and help with reading and spelling, following directions, and retaining information.

WHAT CAN A KATESAID CLIENT EXPECT?

- Optimized breath
- Optimized integrated, coordinated movement
- Optimized communication, both verbally and nonverbally
- Control of integrated breath to optimize communication through appropriate pace, articulation, strength of voice
- Increased confidence, optimizing client's overall communication skills to interact with others confidently and concisely

REHAB BENEFITS OF PILATES FOR FITNESS AND SPEECH

- 1) Pilates principles identify and correct movement strategies for integrated body movement and speech production with proper alignment and stability.
- 2) Pilates principles teach core control for postural health, voice production, and confidence.
- 3) Pilates principles facilitate movement through breathing. Breathing is essential for effective speech because it allows for control and sequencing of breathing, voicing, and articulation. Diaphragmatic breathing improves breath support, which helps people regulate airflow and produce more intelligible speech.

HOW PILATES PRINCIPLES CAN INFORM SPEECH PRODUCTION

- **BREATH SUPPORT:** Poor breath support can lead to tension in the voice box, which can cause strain, laryngeal tightness, and poor voicing. Diaphragmatic breathing can help strengthen the voice and prevent speaking too much from the throat.
- **INHALATION:** The longer you inhale, the more words you can produce clearly when you exhale. Deep breathing allows you to project your voice with more force.
- **POSTURE:** Good posture and alignment of the trunk, neck, and head can help with efficient respiration and clear phonation.
- **APPROPRIATE BREATH:** This helps reduce tension in the abdomen, chest, shoulder, and neck areas. Appropriate breathing is also essential for voice projection, allowing the vocal folds to vibrate strongly and freely, providing a strong, clear voice. Tension may lead to the voice sounding hoarse, strained, and breathy, or even lead to moments of stuttering. Breathing effectively for speech allows us to pace our speech, which in turn supports clear speech production. Many people don't realize that they forget to breathe as they are speaking, especially if there is an existing articulation or motor planning disorder. When we forget to breathe, it causes us to speed up to get all our thoughts out in one breath. Not only does this add strain to the voice and cause it to tire quickly, but the fast rate of speech also takes away from the clarity of words and sounds. One may leave final sounds out, or some words may sound mumbled through. When speaking quickly and unclearly, we may appear more nervous and less confident, and the words said will be less impactful. When speaking slowly, purposely, intentionally, and with appropriate breaths, the listener can follow and process what is being said in real time, which allows for the speaker to be clearly understood and more impactful.