The Mindful Provider
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DISCLOSURES
I am a full-time employee of George Washington University.

I have previously written a chapter on this topic as an author of the book, Transforming Voice and Communication with Transgender and Gender-Diverse People: An Evidence-Based Process, Plural Publishing, August 2019.

I am the Founder of Vocal Self, LLC, a private practice specializing in voice disorders and the voice and communicative needs of transgender and gender diverse people.

Learning Outcomes
1. Identify a mindfulness practice.
2. Describe benefit to applying mindfulness practices in the professional setting.
3. Develop a clinical scenario and increase the possibility of success with clients on your caseload, or students in your setting.

Therapeutic Alliance

Therapeutic Empathy
Attunement
Intuition

Clinical Intuition Exploration Guide
1. Attunement: invite clinical intuition by being open and ready
2. Experience: heighten awareness of your clinical intuition
3. Interpretation: wonder what it could mean
4. Decision Making: consider what to do with it
5. Action: share your intuition with the client, or not
6. Evaluation: reflect and learn

Mindfulness
Meditation
References


