Orofacial Rest Posture Program (ORPP)  
Level I and II  
Comprehensive Assessment & Treatment Program  
Linking Research with Practice

A 3 day dynamic and hands-on course geared towards speech language pathologists and dental professionals specializing in oral rest posture and tongue thrust swallowing remediation.

Identification and treatment of oral rest posture is a common, but often missed link in the underlying cause of speech articulation errors, dental malocclusions and orthodontic relapse.

*** Orofacial myofunctional therapy (OMT) has been shown to be effective and stable long-term. A recent report of orofacial myofunctional therapy efficacy revealed that: “Orofacial myofunctional therapy with orthodontic treatment was efficacious in closing and maintaining closure of dental open bites in Angle Class I and Class II malocclusions, and it dramatically reduced the relapse of open bites in patients who had forward tongue posture and tongue thrust” (AJODO, 2010, page 613).

*** OMT is effective in helping to remediate common and often challenging articulation errors as “80% of children with /s, l/ and/or /r/ errors also have an orofacial myofunctional disorder” [Hanson 2006].

Upon completion of this course attendees will:
- Be familiar with the specialty area of orofacial myology.
- Understand and identify orofacial myofunctional disorders (OMDs) and their impact on dental occlusion and orthodontic stability.
- Have the tools and hands-on experience to provide an individualized Orofacial Rest Posture Program (ORPP) treatment program.

Presented by:

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About the presenters: Karrie Page and Nicole Dickson are Registered Speech-Language Pathologists who received their Masters of Speech Language Pathology from the University of Alberta. Both presenters own and operate successful private practices focusing on orofacial myofunctional disorders and orofacial rest posture evaluation and treatment. They also facilitate an OMD interest group. Karrie and Nicole have received ongoing specialized training in OMD evaluation and treatment. Karrie and Nicole have developed the Oral Rest Posture Program (ORPP) and have continued to modify and add to it over the past decade. They are both behavior based therapists that focus on current research and evidence based practice. Additionally, both Karrie and Nicole participate in an ongoing clinical mentorship with the international expert in orofacial myology, Dr. Robert Mason, DMD, PhD, speech-language pathologist and orthodontist. Dr. Mason has been an integral part in planning the content of this course. He is co-author of the leading text Orofacial Myology, International Perspectives, and has published numerous articles and book chapters in speech pathology, dental, medical, surgical and orofacial myology publications. He is Emeritus Professor of Orthodontics in the Department of Surgery, Duke University Medical Center, and serves as Medical Advisor for the International Association of Orofacial Myology.

Comments from past ORPP course attendees:
"Love the way ORPP is organized…"
"It was fabulous to have 2 such enthusiastic AND knowledgeable presenters”
"ORPP should be required as foundational knowledge for every SLP”
"My practice just changed thanks to ORPP”
"Can’t wait to put this into practice on Monday…”
"Love that it is evidence based AND practical for the everyday clinician”

Course Outline
DAY 1 (8:30am -4:30pm): ORPP Level I- Comprehensive Assessment
ORPP Level 1 provides a comprehensive assessment protocol for oral rest posture and tongue thrust swallowing. This is the foundation for clinicians wanting to assess and treat clients with orofacial myofunctional disorders. It includes a comprehensive evaluation plan and overview of current research beneficial for new clinicians as well as senior therapists. The first component of this hands-on conference is to provide attendees with a solid foundation to confidently identify and evaluate orofacial myofunctional disorders. Attendees will be provided with the theoretical foundation based on research and will be guided step by step through the specific ORPP evaluation process.

Learning objectives:
1) The difference and importance between oral rest posture and tongue thrust swallowing
2) Causes and possible concomitant issues of OMDs
3) Why and how OMDs affect speech patterns and dental malocclusions
4) Clinical guidelines for a comprehensive evaluation of OMDs utilizing the ORPP evaluation form – including hands on practice of the evaluation process and tricks and tips for a thorough evaluation
5) Timing and treatment considerations of OMD therapy with articulation therapy and/or orthodontic treatment

Clinically relevant questions to be addressed:
• How can oral rest posture impact a child’s occlusal pattern and speech articulation?
• When should OMD treatment take place in relation to articulation therapy and/or orthodontic treatment?
What terminology can be used to better communicate with dentists and orthodontists?
Predictors of success in determining candidates for treatment

Practical, ready to use tools will be provided including:
- ORPP evaluation form
- Severity rating tool for tongue thrust swallow
- Sample letter to parents and professionals explaining OMDs

DAY 2 (8:30am -4:30pm): ORPP Level II- Treatment Program
Day 2 of the program provides a comprehensive review of the ORPP intensive behavioural treatment program, which is based on the principles of neuroplasticity and the keys to success: Frequency, Intensity and Duration. The ORPP program will be explained in detail in a step-by-step manner allowing therapists the knowledge and confidence to identify and sequentially teach an individualized treatment program based on the client’s needs. Learning methodologies will include theory and hands-on practice to ensure a comprehensive understanding of what client goals are as well as tips and tricks to help them achieve success. Participants will have the opportunity to act as therapists and patients to ensure that they have a full understanding of what is involved to provide and participate in a successful OMD remediation program. Detailed treatment exercises will be reviewed and provided in the ORPP manual. Each exercise will be reviewed in a sequential manner including: the goal, how to do it, common errors/challenges to watch for as well as strategies we have developed over years of experience. Day 2 will focus on identifying which exercise is needed for what patient and the order of when patients are ready for each exercise to be introduced.

Day 3 (8:30am -4:00pm): ORPP Treatment Continued and Business Basics
Day 3 of the program will be a continuation of Day 2 with a focus on generalizing the treatment goals to ensure long-term retention of the newly acquired rest posture and swallowing habits. Common clinical questions and barriers to successful treatment will be discussed. Day 3 will end with a focus on “business basics” for therapists wanting to provide OMD assessment and treatment. This will include the following topics:
- Documentation
- Licensing
- Lunch and learn marketing ideas
- Scope of practice
- Financial aspects of providing intensive therapy (i.e., fees, insurance, billing etc.).

The goal of this 3-day course is to provide attendees with a comprehensive understanding of what OMDs are, as well as the confidence to appropriately identify, diagnose and successfully treat them. Attendees will leave this course with the knowledge and tools required to put their new skills immediately into action in current practice and/or as a foundation to develop a successful and effective private practice.