

***The (Relatively) Few Things SLPs Need to Know
to Provide High-Quality Stuttering Therapy***

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I. Introduction

A. Standard disclaimer

B. Goals for today

II. Background

A. Motivation for the session

B. My frustration – your frustration

C. Stuttering is less complex than it appears

1. That doesn't mean it is simple

2. "Distilling" the disorder

III. Defining stuttering

A. Key elements of *my* definition

1. Stuttering is involuntary
2. Stuttering is unpredictable
3. Stuttering is variable

B. Your experience of DISFLUENCY *is not the same* as the stutterer's experience of STUTTERING

C. The stutterer's experience of disfluency *may be the same* as yours (but he/she may be unaware of that)

IV. Empathy

A. What is empathy?

B. Do you have it?

1. Are you sure?

2. The letter from the clueless Fluency Specialist
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- C. Why empathy may be the most critical factor in successful stuttering treatment
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- V. Goals (based on our definition and empathy)
 - A. What are your expectations for treatment outcomes?
 1. Fluency?
 2. "That other stuff?"
 3. What (and how) do you measure?
 4. How do you determine:
 - a. Need for treatment?
 - b. Progress?
 - c. Dismissal?

5. Examples of goals?
 - a. Rationale for goal(s)
 - b. Aligning goal (i.e., your expectation)/behavior(s)/client
 - c. Troubleshooting/problem-solving why some goals may not (or may) work

VI. Therapy (based on our definition and empathy)

- A. What do **you** do in therapy?
 1. Fluency stuff?
 2. Stuttering modification stuff?
 3. "Other stuff?"
 4. Why do you do the things you do?
 5. How do you determine:

- a. Appropriateness of an activity for a particular client?
 - b. Whether the activity is “working”?
 - c. When/why/how to change the nature of therapy activities?
6. Specific examples of activities?
- a. Rationale for activity
 - b. How do you explain the activity to your client?
 - c. How do you teach the activity?
 - d. Aligning activity (i.e., what you want the client to learn/change/do differently)/behavior(s)/client
 - e. Client’s role in the activity (and in overall therapy process)
 - f. Troubleshooting/problem-solving why some activities may not (or may) work

VII. Questions and (perhaps) answers