



Thanks for downloading!

What's Included:

In this packet, you'll find cheat sheets for the different type of stuttering therapy options as well as for some fun therapy activities that will get your kids excited to work on their stuttering!

What to Do if You Want More:

Please check out the following links if you'd like more information on stuttering therapy:

Types of Stuttering Therapy:

<http://www.speechandlanguagekids.com/stuttering-therapy-options-for-elementary-school-students>

Therapy Ideas for Stuttering:

<http://www.speechandlanguagekids.com/stuttering-therapy-activity-ideas>

Response Contingency Therapy:

Found to be the most effective in the current literature. Full description here:

<https://www.speechandlanguagekids.com/stop-stuttering-preschoolers-current-research-based-methods/>

Electromyography (EMG)

Overall, it's super complicated and not something you're going to be able to do unless you already have all this equipment. And chances are, if you already have this equipment, then you know what to do with it. So, I'm not going to go into it here.

Gradual Increase in Length and Complexity of Utterance (GILCU) Therapy:

GILCU is a 56-step establishment (in-clinic) program starting with reading one word fluently and ending with conversing for 5 minutes with no stuttering. It is based on the principles of operant conditioning (Skinner, 1953). There are also transfer (extra-clinic generalization of fluency to outside environments) and maintenance (performance of fluent speech over time) and follow-up phases.

Prolonged or Smooth Speech

We consider this technique a fluency shaping technique which means it is a strategy that is taught to the stutterer to use to prevent stuttering (not to fix a stutter once it happens). With this type of therapy, the therapist will show the student how to slow down his speech, prolong vowels to make words last a little longer, and ease into all speech sounds. This results in a slow, calm manner of speech.

Regulated Breathing

In this type of therapy, the therapist will start by teach-

ing the child how the respiratory system works how it is used for speech. Once this is accomplished, the therapist and the student will work on breathing appropriately to support fluent speech and will practice breathing exercises to accomplish this.

Stuttering Modification: Pull-Outs and Others

4 Stages of Therapy:

1. Identification: The student identifies what type of stuttering they do and learns about stuttering
2. Desensitization: The student confronts their stuttering along with their negative emotions about stuttering and learns to accept it
3. Modification: The student learns stuttering modification techniques to help in moments of stuttering:
 - Cancellations- after stuttering, there is a pause and the word is said a second time using an "easy" stutter.
 - Pull-outs- when a person begins to stutter, they are to say the rest of the word with ease.
 - Preparatory set techniques- when the person anticipates a word to be difficult, they are encouraged to work through all sounds of the word slowly and calmly.
4. Stabilization: The student increases self-awareness and becomes able to use techniques and strategies himself

For more info: <http://www.speechandlanguagekids.com/stuttering-therapy-options-for-elementary-school-students>

Preschoolers:

Indirect Therapy:

- Identify fast vs. slow speech from the therapist
- Practice using fast and slow speech for the child
- Practice slow, smooth, exaggerated speech

Direct Therapy:

- Identify bumpy vs. smooth in the therapist's speech
- Practice bumpy and smooth speech for the child
- Identify the child's speech as bumpy or smooth during play
- Ask the child if his speech was bumpy or smooth
- [Response Contingency](#): Praise/Reinforce smooth speech and provide immediate, direct corrective feedback for disfluent speech ("oops, that was bumpy, let's try it again")

Elementary-Aged:

1. Learn About the Respiratory System

Do lessons about how the respiratory system works and how to use it effectively for speech.

2. Practice Smooth, Prolonged Speech while Playing Games

Practice using slow, smooth speech while playing games with the students.

3. Learn About the Types of Stuttering

Teach students about the different types of stuttering and have them practice stuttering on purpose to desensitize them to it.

4. Teach the Students Stuttering Modification Techniques

Help the students learn the different techniques they can use if they anticipate a stutter (preparatory set), are in the middle of a stutter (pull-out), or have stuttered and can't move on (cancellations). Practice demonstrating these while playing games (pretend to stutter so you can use a technique)

Middle School/High School:

Speech Modification (Fluency Shaping) Techniques:

Practice techniques to reduce stuttering overall: rate control, continuous phonation, prolonged syllables, easy onset, light articulatory contact. appropriate use of pausing

Stuttering Modification Strategies (Reducing Physical Tension/Struggle)

- Identify where in the speech mechanism physical tension is and release it
- Use stuttering modification techniques like mentioned in the previous section

Strategies For Reducing Negative Reactions (Personal And Environmental Context)

- Desensitization
- Cognitive Restructuring
- Self-Disclosure
- Support Group (grouping your kiddos who stutter)

For more info: <http://www.speechandlanguagekids.com/stuttering-therapy-activity-ideas>