

Successful Communication: Realistic Outcomes for Adults Who Stutter

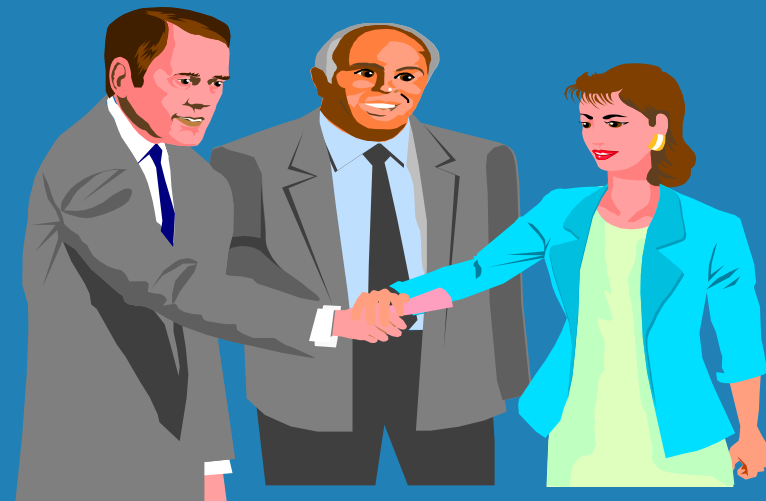
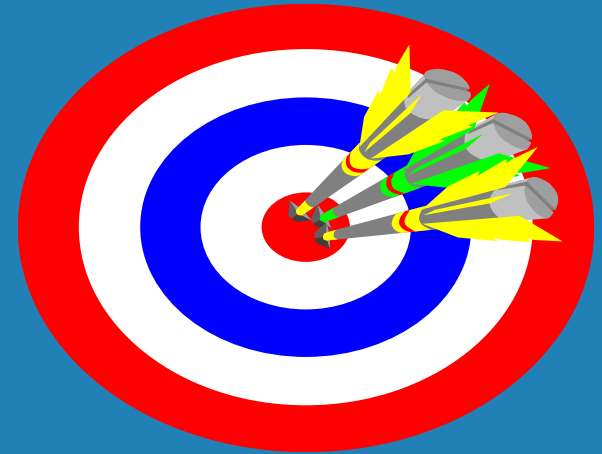
NSA

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Proud NSA Member Since 1978



Sheehan's Iceberg of Stuttering

Core Features

Repetitions

Prolongations

Blockages

Secondary Features

Escape

Avoidance

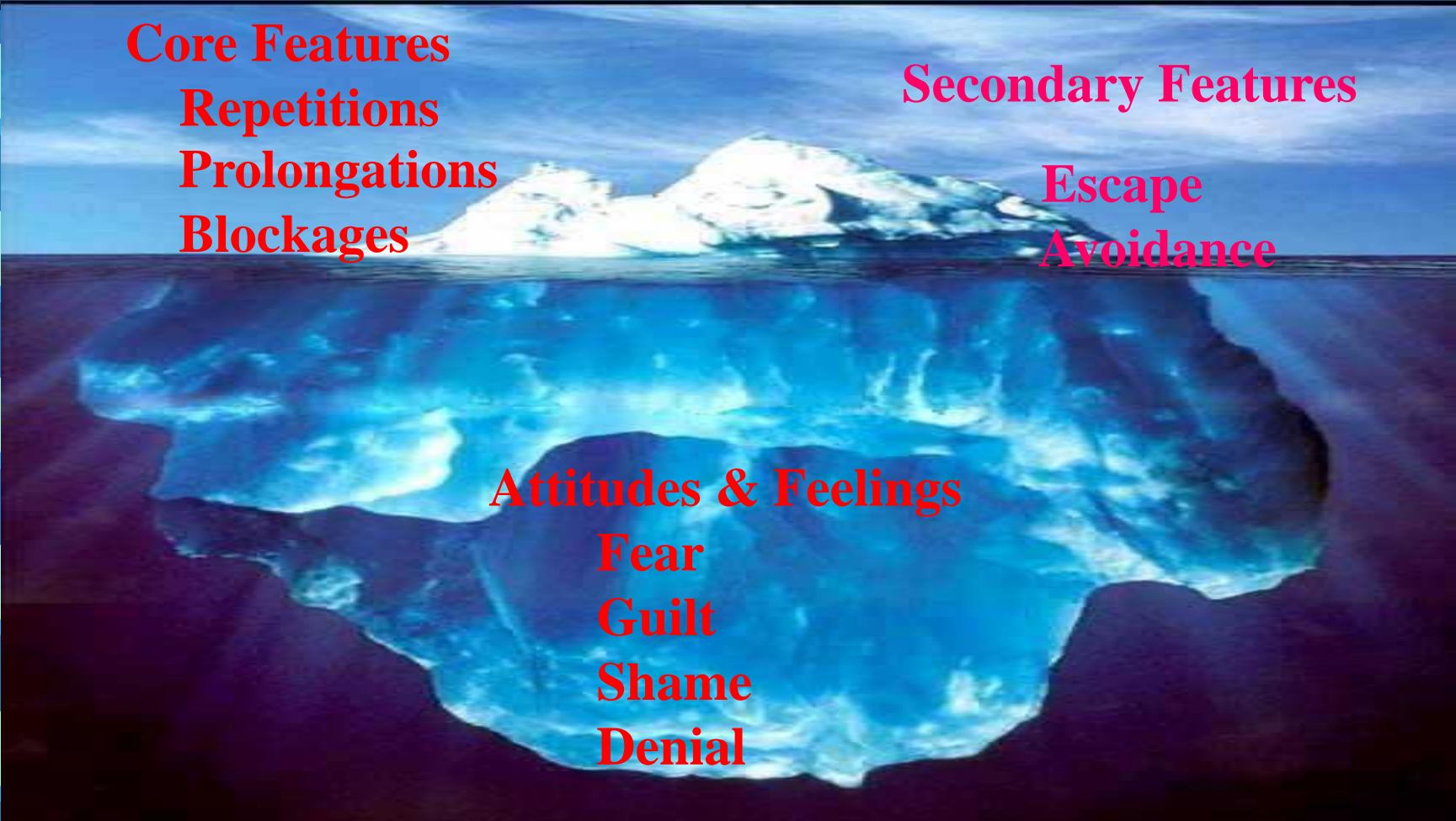
Attitudes & Feelings

Fear

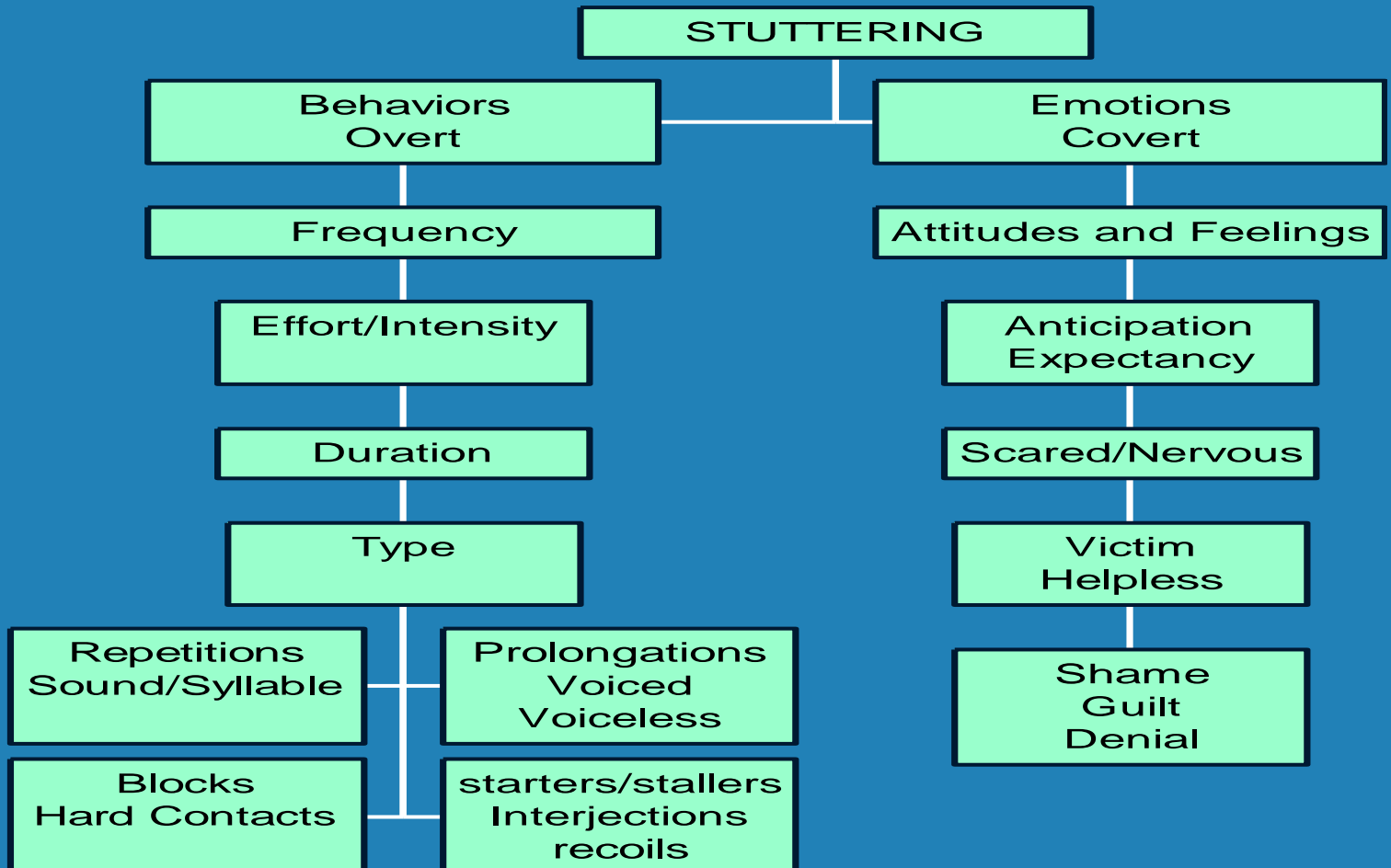
Guilt

Shame

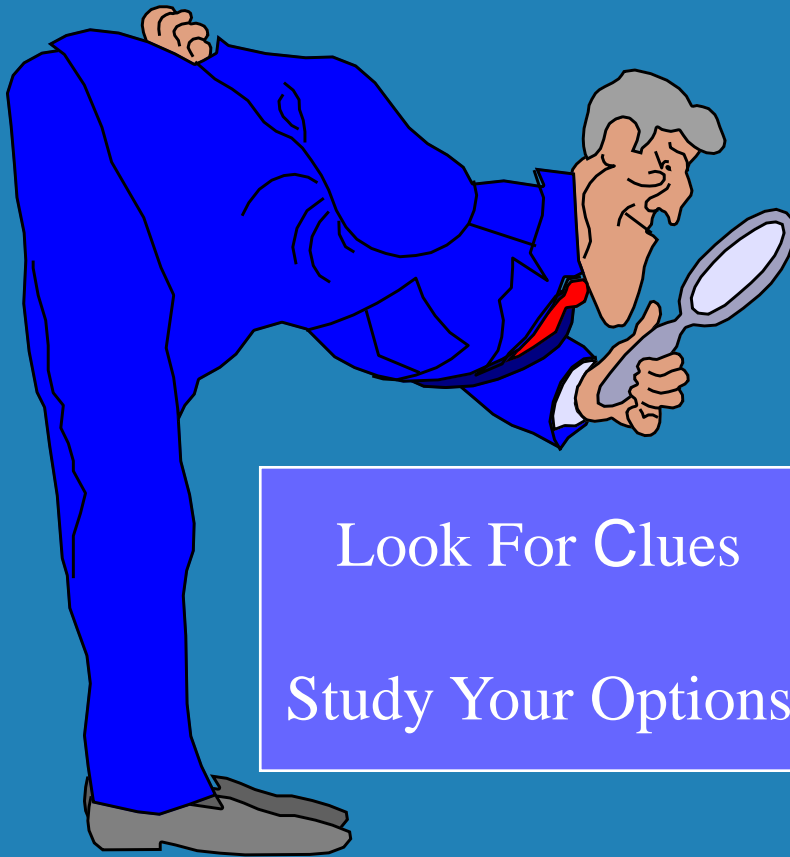
Denial



Behavioral and Emotional Dimensions



Explore Your Options



Look For Clues
Study Your Options

- Components
 - Attitudes
 - Feelings
 - Behaviors
 - Avoidance
 - Stuttering
 - Escape
- Goals/objectives
 - Spontaneous Fluency
 - Controlled Fluency
 - Managed Stuttering
- Effective communication



Realistic Outcomes: for Adults for Whom Stuttering Has Become Chronic and Severe

- ❑ To be able to talk any time, any place and to any body---
- ❑ And to be able to communicate effectively and efficiently---
- ❑ And to be able to do so with little more than a normal amount of negative emotion.



Ideas From the Internet Along With Other Sources

- ❑ I no longer need to chase the “fluency god.”
- ❑ I can live without constant fear.
- ❑ I can speak well without scanning ahead for difficult words.
- ❑ I can speak for myself, rather than rely on others.
- ❑ I can explore and follow career opportunities that require talking.
- ❑ I can make decisions in spite of stuttering, not because of it.
- ❑ I am not suffering or handicapped because of my stuttering.
- ❑ I accept myself.
- ❑ I don't feel guilty when I stutter, and I am not ashamed of myself for when I do sometimes stutter.
- ❑ I have choices I can make that help me talk easily.
- ❑ I communicate effectively, and feel comfortable doing so.
- ❑ “I'm really an o-k person” -- and I like being me.



Crucial Experiences: (from Van Riper and Czuchna)

- ▶ Stuttering can be deliberately endured, touched, maintained and studied.
- ▶ Avoidance only increases fear, and must be reduced.
- ▶ Struggled, hurried escapes and recoils from stuttering make it worse than it needs to be.
- ▶ It is possible to build barriers to destructive listener reactions.
- ▶ Society in general rewards the person who obviously confronts and attempts to deal positively and constructively with stuttering.
- ▶ Every effort must be made to build up your ego-strength, self-confidence and self-respect.
- ▶ When the moment of stuttering occurs it can be studied, and its evil effects erased as much as possible.
- ▶ It is personally more rewarding to stutter easily and stutter fluently than to stutter severely, and it is fun to be able to talk anywhere, even though you do stutter.

Ways to Talk Easily -- (Which Implies helpful prerequisite attitudes)

Post-It Notes

AVMAir-Voice-Movement

KYMR Keep-Your-Motor-Running

RTSE Remember-to-Start-Easily

NNTH No-Need-to-Hurry


Speech Rate -vs- Articulation Rate

“Slow it down -- to speed it up”

“Gearing down and gearing up”

Speeding Tickets (car) -vs- Talking Tickets (mouth)

Dealing With Time Pressure



Ways to Talk Easily -- (Which Implies helpful prerequisite attitudes)

- ❑ Easy Onsets
- ❑ Light Articulatory Contacts
- ❑ Reduced “articulation rate”
- ❑ Cancellations (If you are brave enough)
- ❑ “Freezing” -- holding on, then releasing gradually
- ❑ Pull-Outs
- ❑ Releases from stuttering moments must be easy, gradual and voiced
- ❑ Proprioceptive Monitoring
- ❑ Preparatory Sets

Ways to Talk Easily -- (which implies helpful prerequisite attitudes)

Self Talk

Positive and Negative

The Use of Language: action oriented verbs

“What Happened” -vs- “What am I doing”

“Having a block” and “Getting Stuck”

“Little men are fighting in my throat”

Nowness

Superstitious Behaviors

Safety Margins

Adjustment to easy talking and fluency. No more secondary gains

Openness:

Advertising

Voluntary Stuttering, Pseudo-Stuttering



Socially acceptable ways to acknowledge acceptance of stuttering to your listeners

If someone asks you if you have any hobbies and interests, you can answer by saying:

- “One of my hobbies is stuttering. I’ve been practicing, and am getting pretty good at it.”

If someone asks you if you stutter, you can say:

- “Yes, I sometimes stutter. As a matter of fact, I am actually getting to be pretty good at it.

If someone asks you if you have stuttered all your live, answer by saying:

- “Not Yet.”



Socially acceptable ways to acknowledge acceptance of stuttering to your listeners

If someone comments on your stuttering, you might say

- “Sure I stutter. What are you good at?”
- “Sure I stutter. Want me to teach you how to do it?”
- “Stuttering is ok, because what I say is worth repeating.”
- “Stuttering is ok, and I have permission to do it.”

(Now: Try to come up with some of your own)

Hood's Hopefully Helpful Hints

- Although you may not have a choice as to WHETHER you stutter, you have a choice as to how you stutter.
- Attempting to hide, repress, conceal, avoid stuttering makes it worse than it needs to be.
- Stuttering is something you do, not something that happens to you.
- The things that may have originally caused stuttering are not the same as the things that influenced its development -- and are not the same as the things that are now serving to maintain the problem.
- Fluency is more than the absence of stuttering.
- It is important to understand the process of talking.
- The process of desensitization is two fold: both emotional AND behavioral.
- It is better to do more and more things to talk easily, than more and more things to try not to stutter.



Preferred Client Outcomes

ASHA - SID - 4: Draft

1. I am satisfied with my therapy and its Outcome.
2. I have increased my ability to communicate effectively.
3. I feel comfortable as a speaker.
4. I like the way I sound.
5. I feel I have an increased sense of control over my speech, including stuttering.
6. My speaking skills have become more automatic.
7. I have an increased ability to cope with variability of stuttering, including relapse.
8. I am better able to reach social/education/vocational potential and goals.
9. My knowledge of self-help/support groups has increased.

Final Outcomes from Therapy: Goals, Options and Choices

