



Camperdown Program

A Behavioral Treatment Program
for
Adolescents & Adults Who Stutter

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Program Background

- ✦ Named after a Sydney, Australia suburb
- ✦ Originally designed as a behavioral treatment for adults who stutter
- ✦ Involves 1-hour clinic visits & one 8-hour practice day
- ✦ Focuses on producing “smooth speech” using prolonged speech

(Camperdown Program Treatment Manual, 2003)

Treatment Technique

☀ Prolonged Speech (PS) Pattern

- ☀ Uses connected speech to obtain a natural, smooth-flowing style of speech
- ☀ Emphasis is on speaking in connected groups of words rather than speaking in separate words
 - ☀ Linking final consonants onto vowels
 - ☀ Linking final consonant of one word onto the initial vowel or consonant of the following word

(Camperdown Program Treatment Manual, 2003)

4 Stages of the Program

- ☀ Individual Teaching Sessions
- ☀ Group Practice Day
- ☀ Individual Problem Solving
- ☀ Performance Contingent Management Stage

(Camperdown Program Treatment Manual, 2003)

Stage 1:

Individual Teaching Sessions

- ☀ Clients watch a video demonstration of prolonged speech
- ☀ Clients imitate prolonged speech in unison with the video or by themselves
- ☀ Clinician provides feedback about the client's accuracy of video imitation
- ☀ Clients evaluate their stuttering severity using a 9-point rating scale
- ☀ Clients learn how to produce prolonged speech spontaneously for a minimum of 3 minutes
- ☀ Home assignments

Stage 2: Group Practice Day

- ☀ Usually consists of 3 clients & 3 clinicians
- ☀ Clients attend from 8 am- 5:30 pm
- ☀ Clients rotate throughout 14 speech cycles (three 5-minute phases)
 - ☀ Practice phase
 - ☀ Trial Phase
 - ☀ Evaluation Phase
- ☀ Clients practice consistent control over their speech with a natural-sounding PS pattern
- ☀ Clients develop further self-evaluation & problem solving skills for generalization of stutter-free speech
- ☀ Home assignments

(Camperdown Program Treatment Manual, 2003)

Stage 3:

Individual Problem Solving Sessions

- ☀ Designed to help clients to develop strategies for generalizing their stuttering-free speech
- ☀ Encourages clients to use self-evaluation to manage & control their stuttering (with clinician guidance)
- ☀ 5-minute recorded conversation with client
- ☀ Clinician & client discussion
- ☀ Review progress, identify & solve problems
- ☀ Home assignments

(Camperdown Program Treatment Manual, 2003)

Stage 4: Performance Contingent Maintenance

- ☀ Clients show evidence of maintaining their stutter-free speech skills in a variety of situations over time.
- ☀ Clients follow a performance contingent schedule
- ☀ Clients attend 1-hour clinic visits that become less frequent according to a progression schedule

(Camperdown Program Treatment Manual, 2003)

Discharge Criteria

- ☀ Clients are discharged if they complete the assigned progression schedule, do not comply with the program requirements, or withdraw from the program

(Camperdown Program Treatment Manual, 2003)

Efficacy Research

Bothe, Bramlett, Davidow & Inham's (2006) review of behavioral, cognitive & related treatments suggested that the most powerful treatments for adults contain elements of prolonged speech, self-management, response contingencies & other variables.

Outcome Measures of Research

☀ Stuttering Rate (group mean %)

- ☀ Pretreatment: 7.9%
- ☀ 6 months posttreatment: 0.5%
- ☀ 12 months posttreatment: 0.4%

☀ Speech Rate

- ☀ Participants (N=21) increased their speech rate by 10 SPM (syllables per minute) from pretreatment to 12 months post-treatment

☀ Speech Naturalness

- ☀ 10/21 participants achieved mean naturalness scores either better than or within one scale value of their matched control speaker.

☀ Social Validation/Listener Perception

- ☀ Most listeners more comfortable with participants' posttreatment speech

☀ Self-Report Inventory

- ☀ Reported group mean daily severity rating
 - ☀ Pretreatment: 5.4
 - ☀ Posttreatment: 2.8

(O'Brian, Onslow, Cream & Packman, 2003)

Programs Strengths

- ☀ No instruments/devices are needed
- ☀ Highly individualized
- ☀ Client is responsible for management
- ☀ A lot of opportunity for generalization
- ☀ Much is based on self-evaluation techniques

Program Weaknesses

- ☀ Perceived naturalness of speech
- ☀ Client is accountable for therapy
- ☀ Client may not utilize unlimited opportunities for practice
- ☀ Discharge can be due to withdrawal or non-compliance with program

Would We Recommend It?

- ✱ Yes
- ✱ Mass opportunities for practice
- ✱ Individualized
- ✱ Promotes self-evaluation

- ✱ However... the speaker and listener state that the speech can sound noticeably unnatural

Resources

- Bothe, A.K., Bramlett, R.E., Davidow, J.H. & Ingham, R.J. (2006) Stuttering treatment research 1970-2005: I. Systematic review incorporating trial quality assessment of behavioral, cognitive and related approaches. *American Journal of Speech-Language Pathology* , 15, 321-341
- Cream, A., O'Brian, S., Onslow, M. & Packman, A. (2003) The Camperdown Program: outcomes of a prolonged-speech treatment model. *Journal of Speech, Language, and Hearing Research*, 46, 933-946
- Camperdown Program Treatment Manual (2003) retrieved from www3.fhs.usyd.edu.au/asrcwww/treatment/camperdown.htm on 11/29/2007



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