

# The New England Fluency Program

Nikki Krenz & Amber Price

# The New England Fluency Program

- **Pre-program Consultation**
  - Evaluates program and determines appropriateness for individual
  - Both children, teens & adults
- **Treatment Program** *offered at Emerson, Northeastern and Boston University*
  - 16 days
  - 7 to 8 hours, 4 days/week

# The New England Fluency Program

- Follow Up
  - Weekly post-treatment sessions for a minimum of 2 months
- Cost
  - Approx. \$4200 plus living expenses

# Combined Approaches

- Combines physical, emotional and cognitive components
  - Adjusts attitudes about stuttering,
  - Teaches muscle control
  - Incorporates Meditation and Mindfulness training

# Combined Approaches Cont.

- **Fluency Shaping**
  - Coordinating breath with speech,
- **Stuttering Modification**

# Treatment Activities

- Group Therapy
  - Impromptu speeches & answering related questions
- Individual “Speech Boot Camp”
  - Make 100 plus phone calls
  - Analyze individual video of them speaking
  - Draw their representation of stuttering/attitudes

# Programs Results

- “80% of participants achieve fluency levels within the normal fluency range” (DiGrande, 2005)
- Positive changes in:
  - Management of stress
  - Confidence and attitudes

# Participants View's

- “It is a wonderful thing being able to talk whenever I want to without being embarrassed about it.” – Brittany, age 10
- “The program will not hand you fluency on a silver platter, but it will give you the opportunity to be in control.” – Rebecca G.
- Adriana is brilliant with children. And she's been a comfort and inspiration to us.  
– Kathleen, parent



# Adriana DiGrande M.S. CCC-SLP, BRS-FD

- Founder of the New England Fluency Program
- Practiced since 1975 and exclusively in the area of fluency since 1982
- Member of ASHA & Massachusetts Speech Language Hearing Association
- Founding member of *Division of Fluency Disorders*



# Our Questions & Comments

- What is the program's definition of Normal fluency?
- What are the long-term results following completion of the program?
- What conclusive data is available to support results?
- *An interesting treatment program, however seems very vague with limited data evidence.*

# References

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