



# Comprehensive Stuttering Program

By Einer Boberg & Deborah Kully (1985)



# General Overview

- Short-term, intensive stuttering program
- Speaking controls are the focus of therapy
- Clients are encouraged to self-monitor and use maintenance strategies
- Three different types of programs
  - intensive residential
  - intensive non-residential
  - non-intensive non-residential



# Program Strategies

The program teaches many fluency skills, including:

- ❖ cancellation
- ❖ rate changes
- ❖ soft contacts
- ❖ appropriate phrasing (chunking)
- ❖ continuous airflow
- ❖ prolongation
- ❖ easy onset



# Cancellations

The use of cancellation is one of the hallmark techniques of this strategy.

When a client uses a cancellation, they:

- ❖ stop immediately when stuttering begins
- ❖ repeat the stuttered word several times
- ❖ continue with original utterance

Cancellations are meant to prove to the client that they are able to control their speaking behaviors.

Cancellations do not reinforce stuttering as an acceptable behavior.



# Rate Changes

Clients begin treatment using a slow rate, around 40 syllables per minute.

As treatment progresses, clients gradually increase their rate to approximately 190 (+/- 40) syllables per minute.

Rate change practice is also included in therapy.

Clients are asked to begin at one speed and slow or increase their rate according direction from the speech-language pathologist.



# Advantages

- ❖ Provides extensive opportunities for practice and maintenance
- ❖ Emphasizes the individual's ability to control their speaking behaviors
- ❖ Short duration of the treatment phase may be beneficial for individuals who cannot allot time for weekly therapy, but who are able to dedicate a concentrated length of time to the program and practice after treatment on their own time.



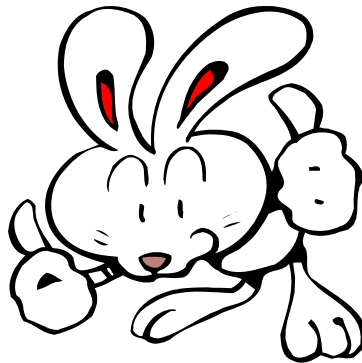
# Disadvantages

- ❖ Short duration of treatment phase may not be beneficial for those individuals who require consistent and lengthy intervention.
- ❖ Speech often sounds very unnatural during the initial phases of treatment
- ❖ The peak rate for the program, 190 syllables per minute, is not as fast as a normal speaker's rate (upwards of 250 syllables per minute).

# The Client's Perspective

According to a survey conducted by Boberg and Kully in 1994

- 90% of the 42 people who completed the program felt they have the necessary skills to control speech.
- 90% felt their stuttering was less severe than before receiving treatment.
- 86.6% felt they had the necessary skills to sound fluent.



Boberg, E. & Kully, D. (1994). Long-term results of an intensive treatment program for adult and adolescents who stutter. *Journal of Speech & Hearing Research* 37





# Carryover Techniques

The Comprehensive Stuttering Program also trains strategies for the clients to use outside of the therapy setting to increase long-term success.

Strategies include:

- helping clients to identify and reduce fear and avoidance
- discussing stuttering with family and friends, as well as demonstrating control strategies for conversation partners.
- focusing on using strategies in high-demand situations.

# Maintenance Program

A manual is given to the client that describes the technique in detail and provides plans for maintenance, lists of strategies and transfer programs.

Audio tapes are commonly provided to clients to provide self-monitoring opportunities post-treatment. Examples include:

- ❖ daily practice activities such as choral practice of rate changes
- ❖ models of appropriate and inappropriate use of strategies
- ❖ reviews program philosophies



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